

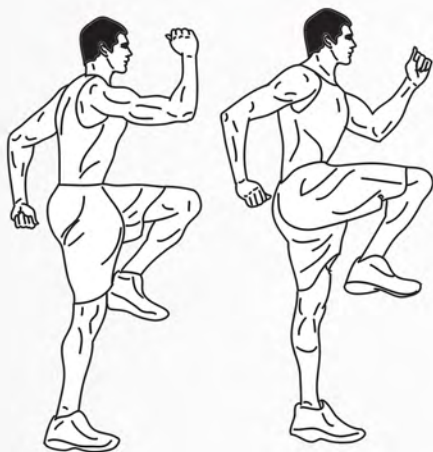
200 **EASY** WORKOUTS

N. Rey | DAREBEE

30-MINUTE WALK

WORKOUT by DAREBEE @ darebee.com

Repeat 5 times in total

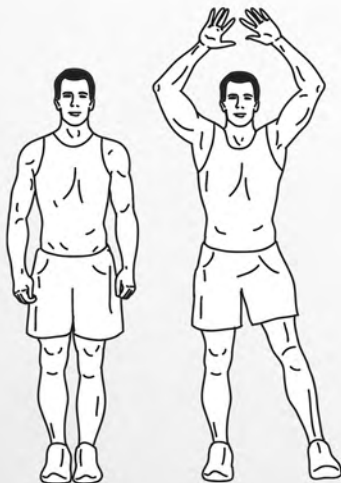


60sec march steps

15sec step jacks

60sec march steps

15sec step jacks



60sec march steps

15sec step jacks

60sec march steps

15sec step jacks

60sec rest

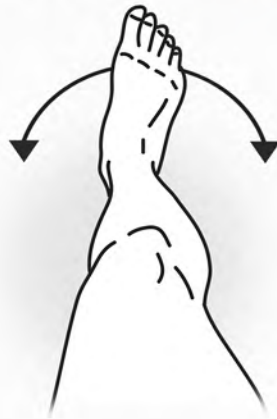
ankle recovery

DAREBEE WORKOUT @ darebee.com

30 seconds each exercise.



up and down tilts



side-to-side tilts



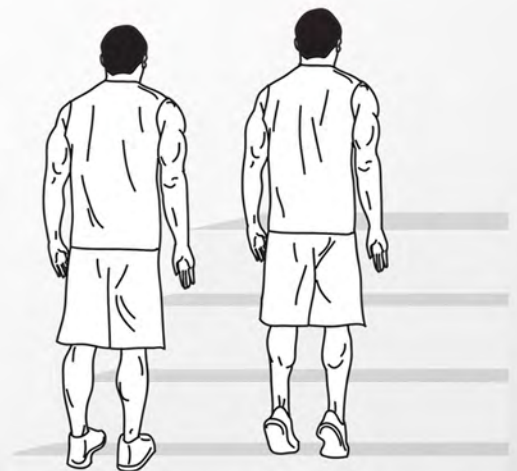
toe curls



calf stretch



single leg balance



elevated calf raises

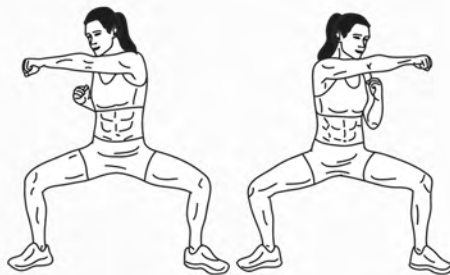
ANTHEM

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



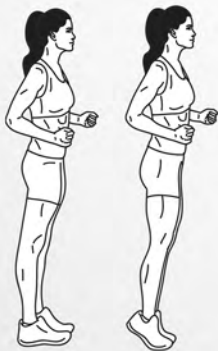
4 squats



20 squat hold punches



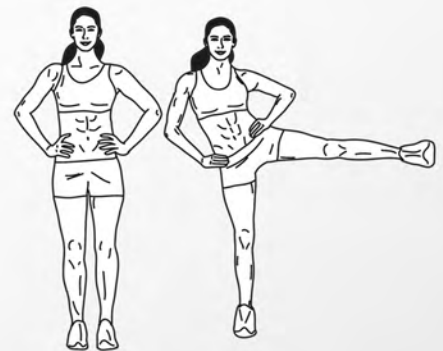
4 squats



4 calf raises



4 squats

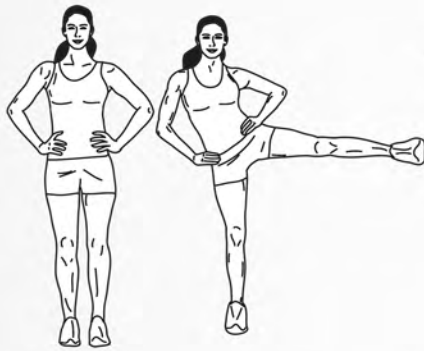


20 side leg raises

ANYWHERE, ANYTIME

DAREBEE WORKOUT @ darebee.com

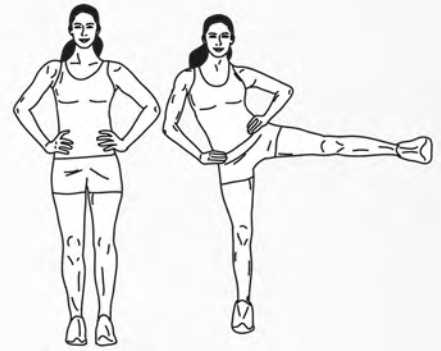
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



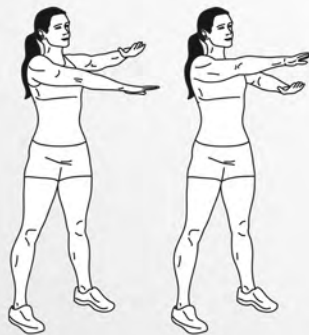
20 side leg raises



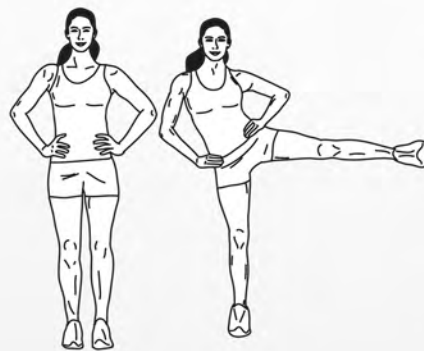
20 raised arm circles



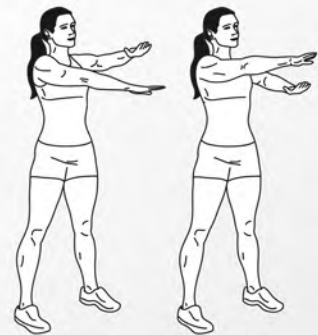
20 side leg raises



20 arm scissors



20 side leg raises



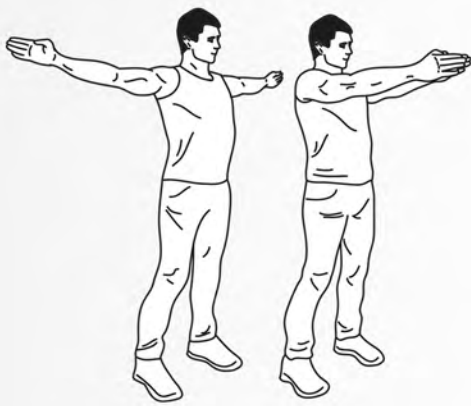
20 arm scissors

arms & chest stretch

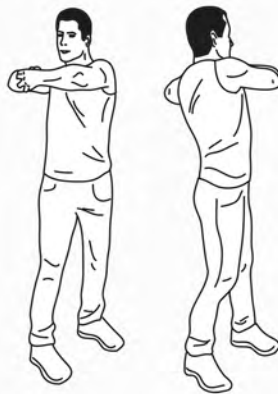
by DAREBEE

© darebee.com

20 seconds each exercise.



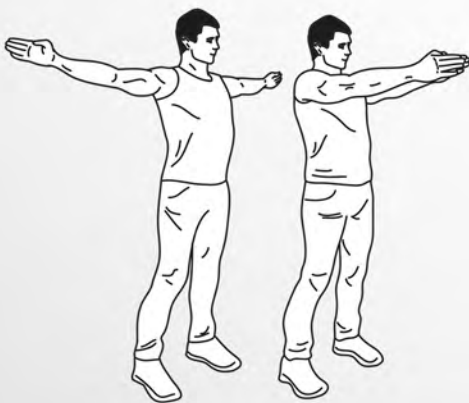
chest expansions



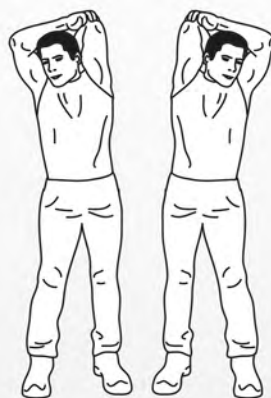
side-to-side torso twists



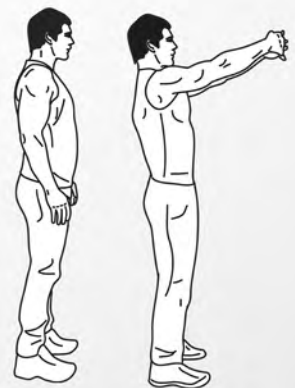
overhead stretch



chest expansions



side-to-side tilts



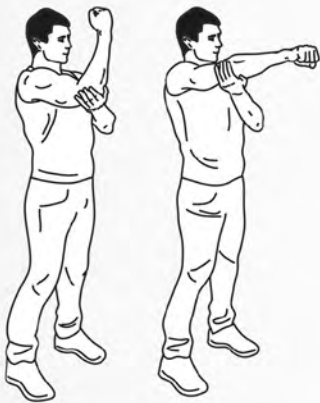
tricep stretches

arms & shoulder stretch

by DAREBEE

@ darebee.com

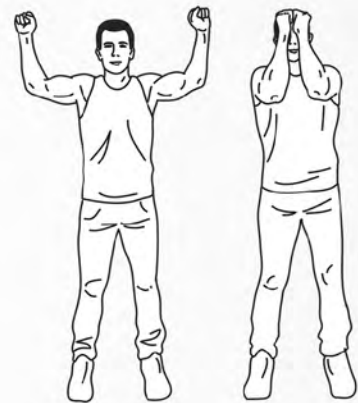
20 seconds each exercise.



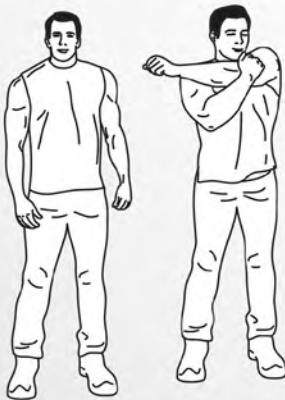
bicep extensions



bicep extensions
both arms



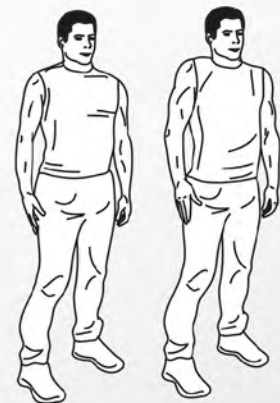
elbow clicks



tricep expansions



shoulder stretch

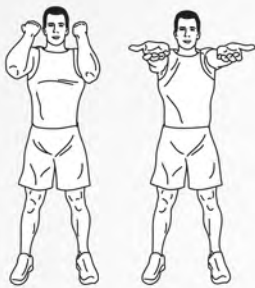


shoulder rotations

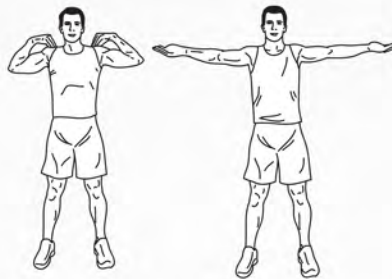
ARMS & SHOULDERS

DAREBEE WORKOUT @ darebee.com

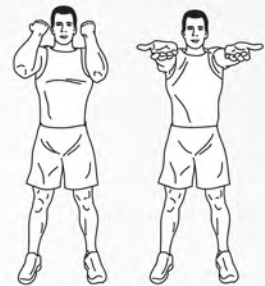
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 bicep extensions



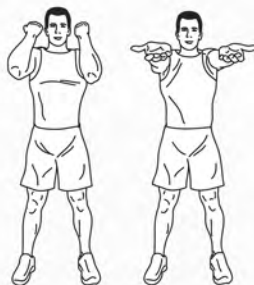
10 side shoulder taps



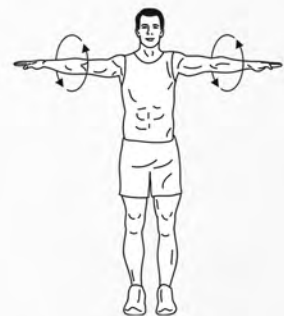
10 bicep extensions



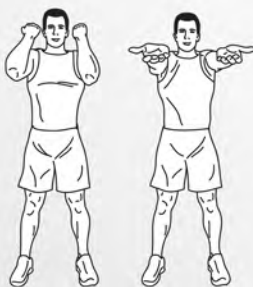
10 arm circles



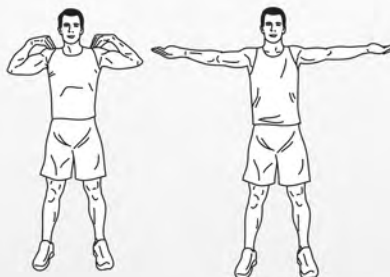
10 bicep extensions



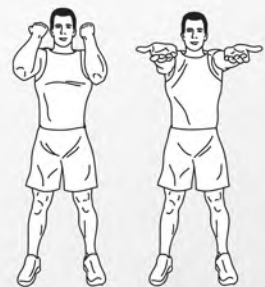
10 arm circles



10 bicep extensions



10 side shoulder taps



10 bicep extensions

AUROLA

DAREBEE WORKOUT @ darebee.com

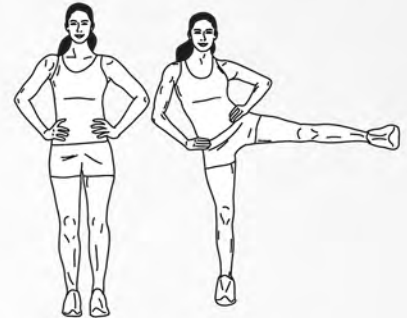
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 march steps



10 knee-to-elbows



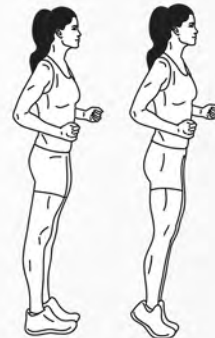
10 side leg raises



20 march steps



10 knee-to-elbows



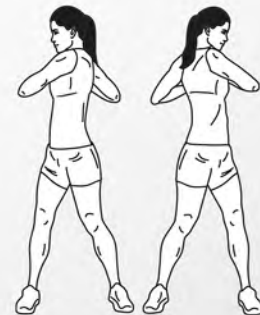
10 calf raises



20 march steps



10 knee-to-elbows



10 torso rotations

BABY STEPS

DAREBEE WORKOUT

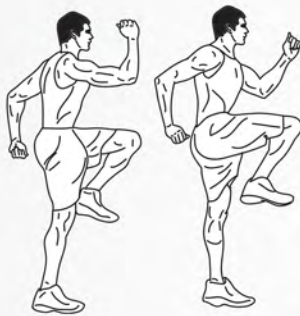
@ darebee.com

LEVEL I 3 sets

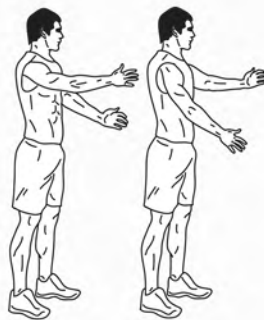
LEVEL II 5 sets

LEVEL III 7 sets

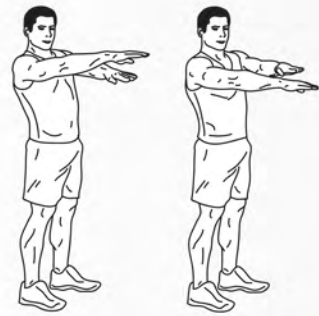
REST up to 2 minutes



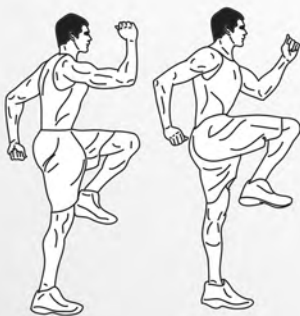
10 march steps



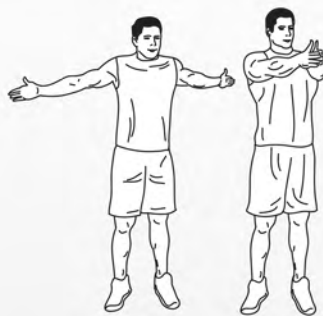
10 scissor chops



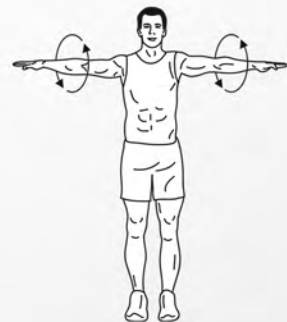
10 arm scissors



10 march steps



10 chest expansions



10 arm circles

back & core

DAREBEE WORKOUT

@ darebee.com

LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

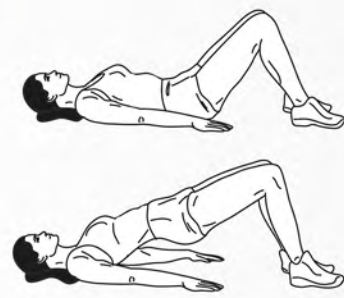
REST up to 2 minutes



20 sitting twists



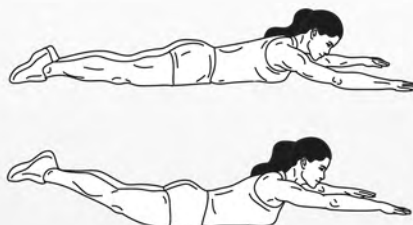
20 half wipers



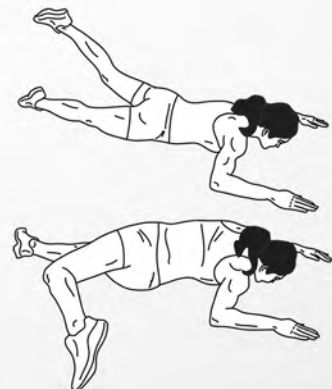
20 bridges



10 cat cow



10 superman stretch



10 scorpion twists

back **fix**

DAREBEE WORKOUT @ darebee.com

Hold each pose for 20 seconds.



shoulder shrug



shoulder stretch



side bend



sea horse



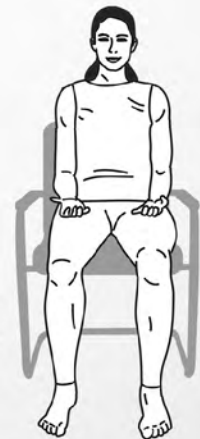
seated twist



wide leg fold

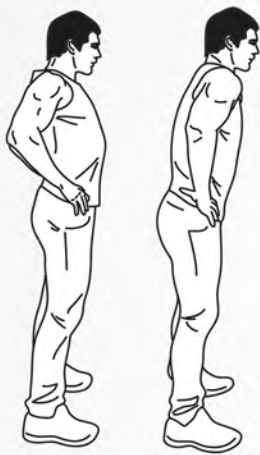


hamstring stretch

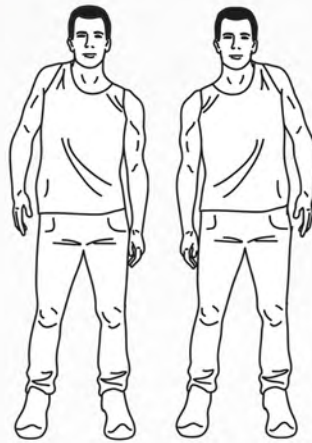


fall back

stretching for
back pain
by DAREBEE © darebee.com
relief



10 back and forth arches



10 alternate shoulder raises



10 shoulder rotations



10 torso twists



10 side-to-side bends

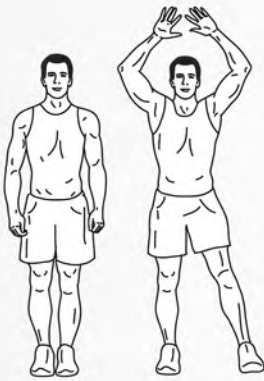


10 torso rotations

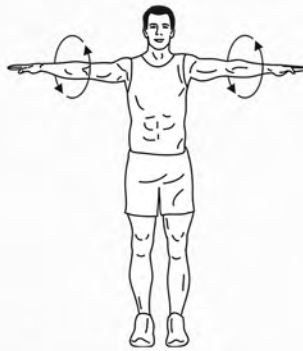
Back to Basics

DAREBEE WORKOUT @ darebee.com

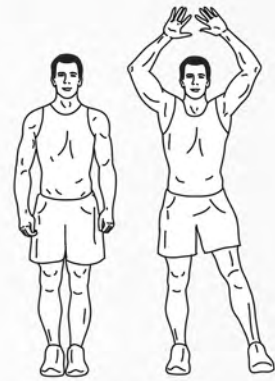
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



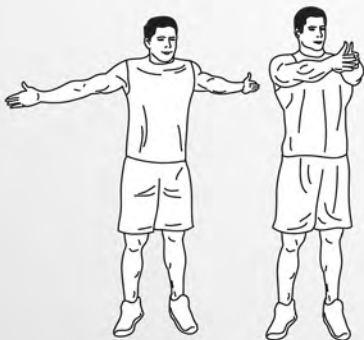
20 step jacks



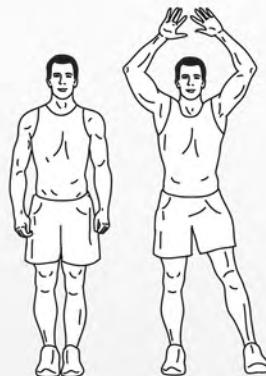
20 raised arm circles



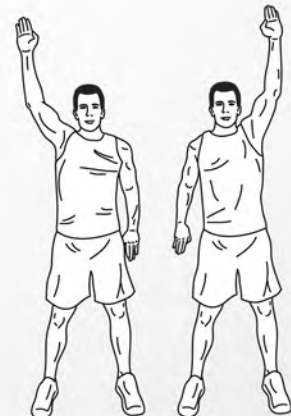
20 step jacks



20 chest expansions



20 step jacks



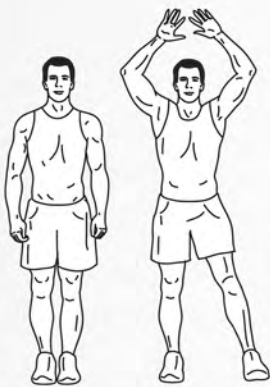
20 alt chest expansions

BAD KNEES

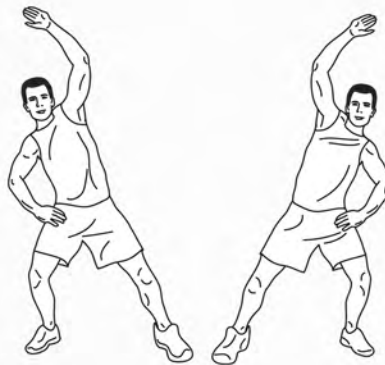
DAREBEE WORKOUT @ darebee.com

CARDIO

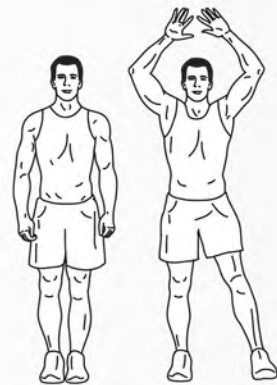
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



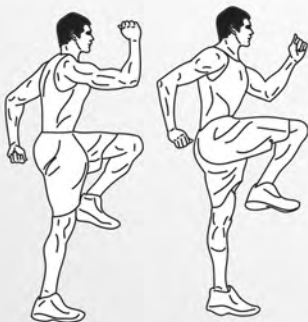
20 step jacks



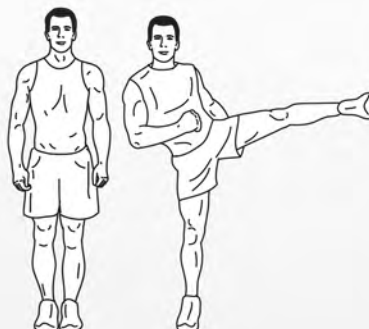
10 side jacks



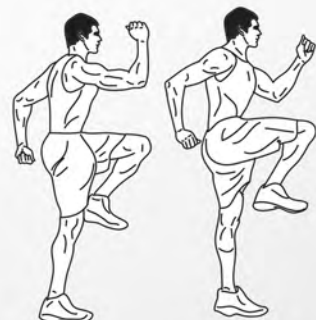
20 step jacks



20 march steps



10 side leg raises



20 march steps

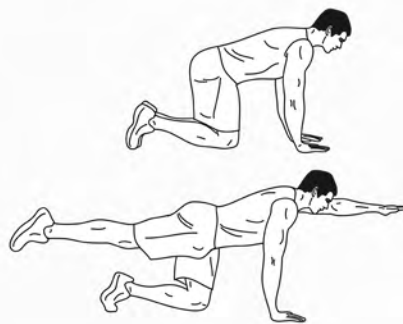
BAD KNEES

DAREBEE WORKOUT @ darebee.com

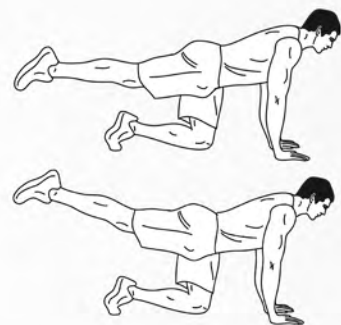
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



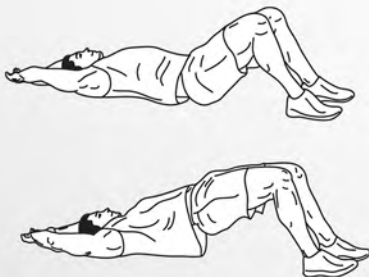
12 knee push-ups



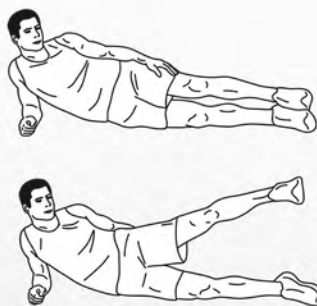
12 alt arm/leg raises



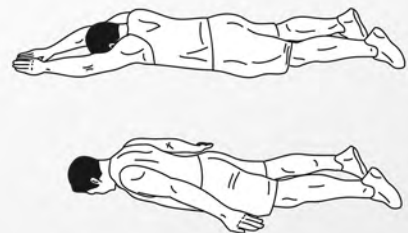
40 raised leg swings



12 bridges



40 side leg raises



12 reverse angels

beginner **abs**

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets **REST** up to 2 minutes



10 crunches



10 air bike crunches



10 sitting twists



10-count raised leg hold



10-count plank hold

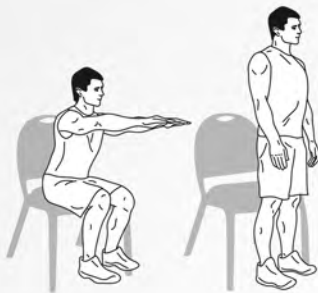


10 plank leg raises

Below Zero

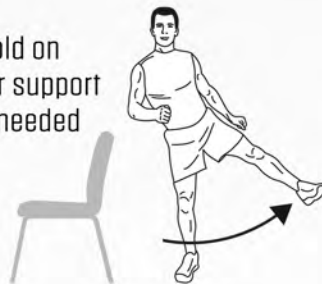
DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



4 sit to stand

Hold on
for support
if needed

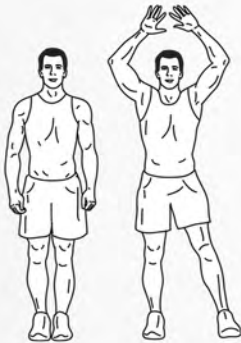


10 side leg raises

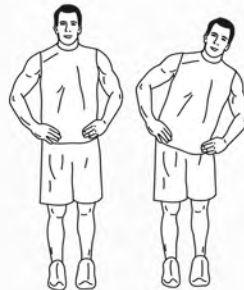
Hold on
for support
if needed



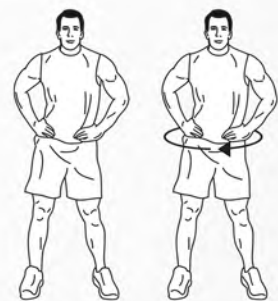
10 back leg raises



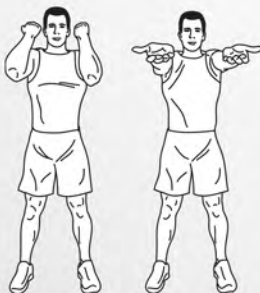
10 step jacks



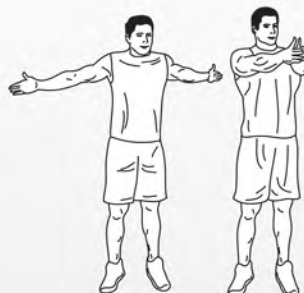
4 side bends



4 hip rotations



10 bicep extensions



10 chest expansions



10 arm circles

BEST THING SINCE SLICED BREAD

DAREBEE
WORKOUT
@ darebee.com

Level I 3 sets

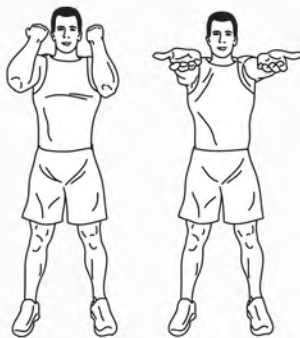
Level II 5 sets

Level III 7 sets

2 minutes rest



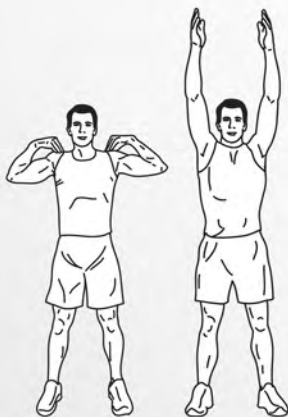
5 squats



20 bicep extensions



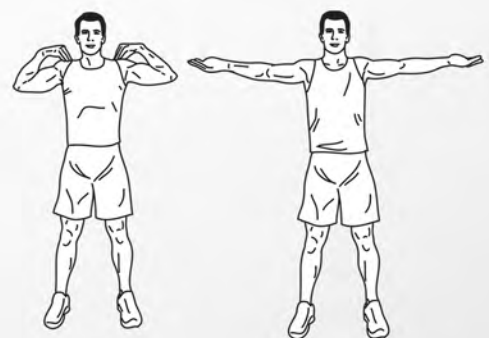
5 squats



20 shoulder taps



5 squats



20 side shoulder taps

better sleep

DAREBEE YOGA WORKOUT

@ darebee.com



20sec hero pose



20sec child's pose



20sec upward dog



20sec camel pose



20sec butterfly fold



20sec supine twist



20sec bridge



20sec knee-to-chest



20sec corpse pose

BETTER THAN NOTHING

DAREBEE WORKOUT

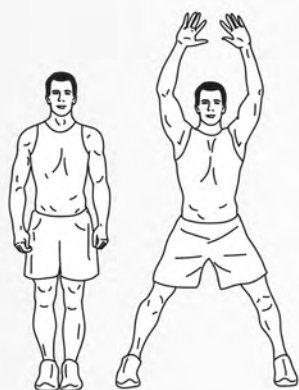
@ darebee.com

LEVEL I 3 sets

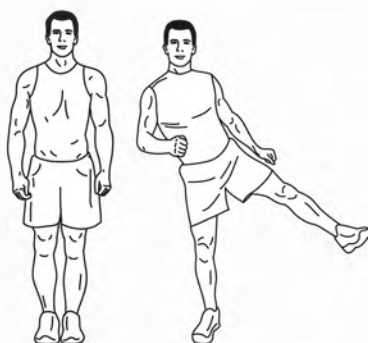
LEVEL II 5 sets

LEVEL III 7 sets

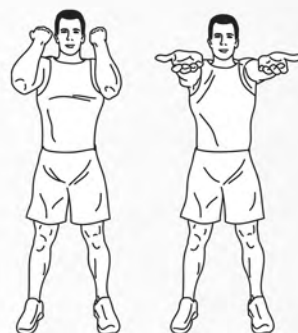
REST up to 2 minutes



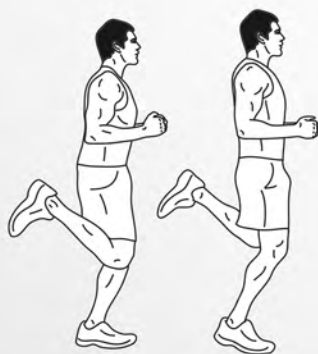
6 jumping jacks



10 side leg raises



10 bicep extensions



10 butt kicks



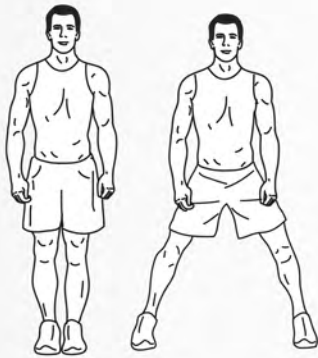
6 torso twists



6 calf raises

BITESIZE CARDIO

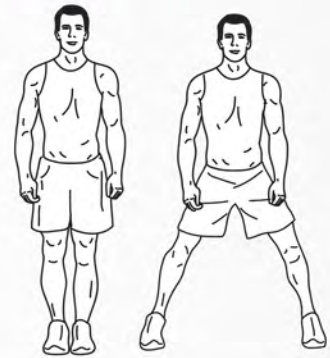
DAREBEE WORKOUT © darebee.com



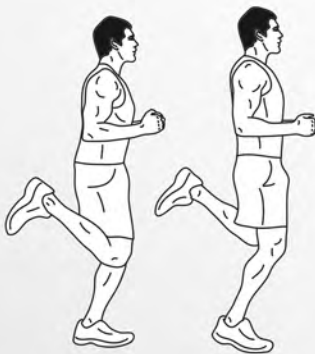
20 half jacks



2 squats



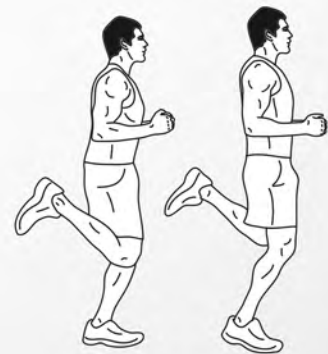
20 half jacks



20 butt kicks



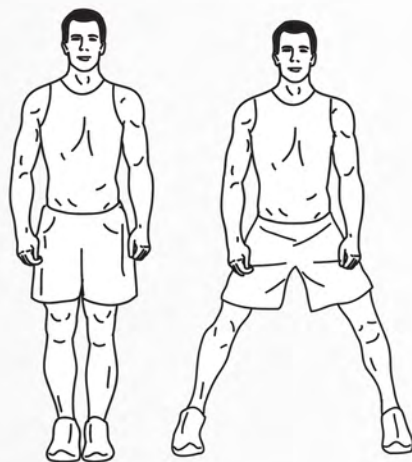
2 squats



20 butt kicks

BRAIN BOOST

WORKOUT by DAREBEE © darebee.com



10 half jacks

2 squats

10 half jacks

2 squats

10 half jacks

2 squats



10 half jacks

2 squats

10 half jacks

2 squats

done

breathe easy

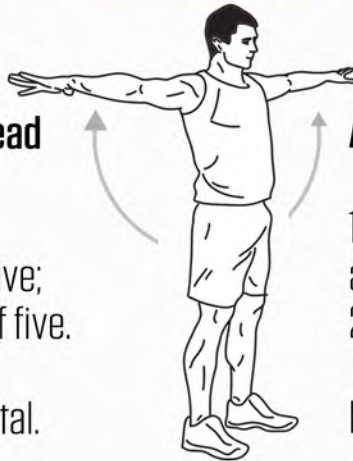
WORKOUT by [© darebee.com](https://darebee.com)



Arms above your head

- 1) Breathe in deep;
- 2) Hold to count of five;
- 3) Exhale to count of five.

Repeat 5 times in total.



Arm Raises

- 1) Breathe in as you raise your arms;
- 2) Exhale on the way down.

Repeat 5 times in total.



Calf Raises

- 1) Breathe in as you rise;
- 2) Hold to count of five;
- 3) Exhale as you drop down.

Repeat 5 times in total.



Shoulder Stretches *arms behind your back*

- 1) Breathe in as you stretch;
- 2) Hold to count of five;
- 3) Exhale as you relax.

Repeat 5 times in total.

calves *rehab*

DAREBEE © darebee.com



60 seconds

slow single leg

elevated calf raises

30 seconds each leg;

tip: hold on to something



60 seconds

calf stretch #1

against the wall

30 seconds each leg;



60 seconds

calf stretch #2

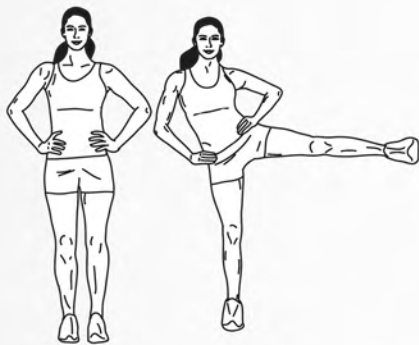
against the wall

30 seconds each leg;

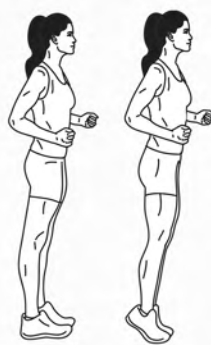
ICAN & I WILL

DAREBEE WORKOUT @ darebee.com

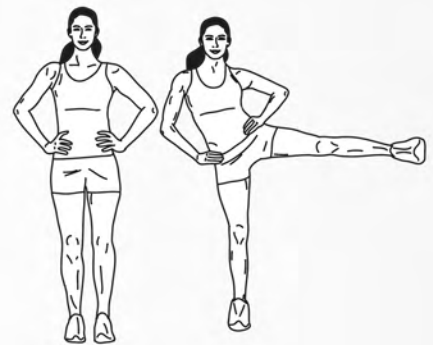
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 side leg raises



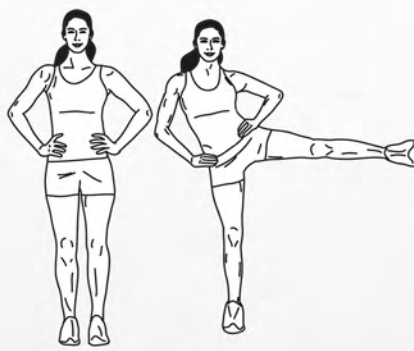
5 calf raises



20 side leg raises



20 arm circles



20 side leg raises

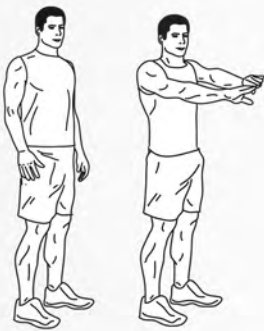


20 arm circles

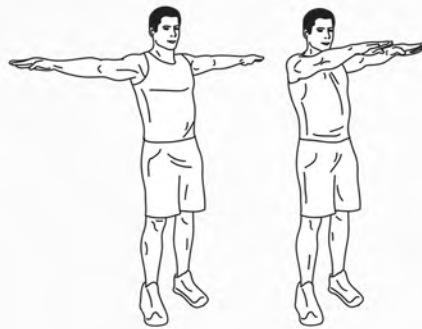
CAPTAIN ON DECK

DAREBEE WORKOUT @ darebee.com

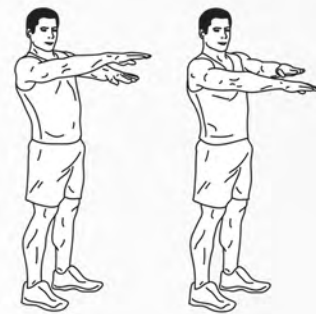
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



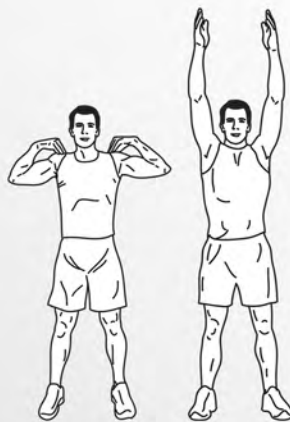
10 arm raises



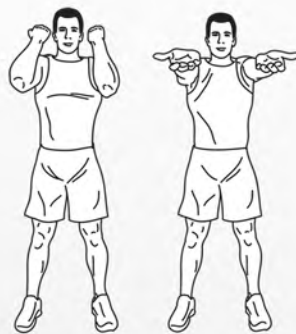
10 arm extensions



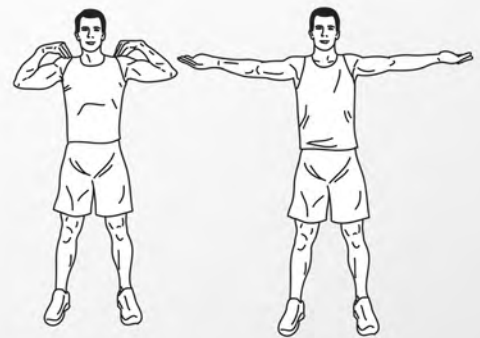
10 arm scissors



10 shoulder taps



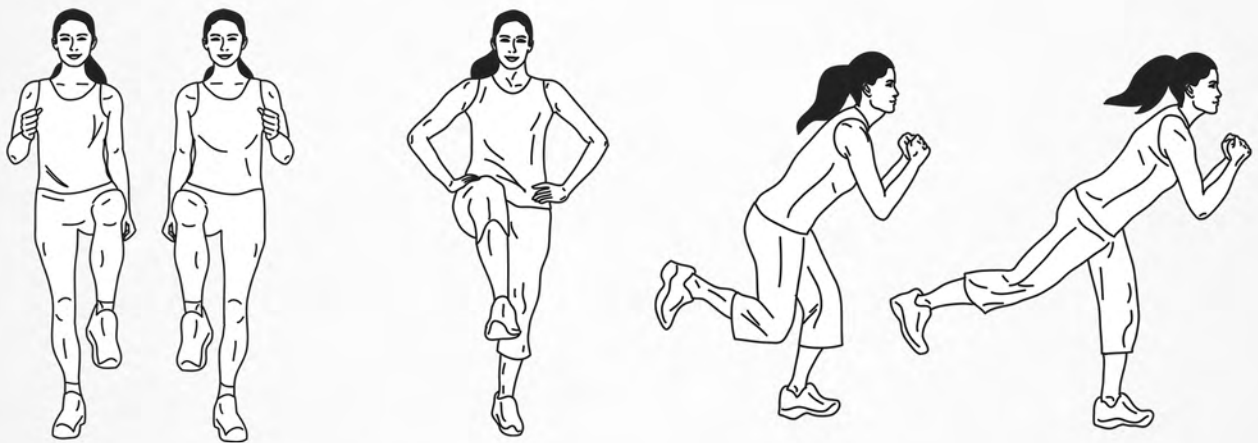
10 bicep extensions



10 side shoulder taps

Cardio Balance

DAREBEE WORKOUT @ darebee.com



10 march steps

10-count raised knee hold (right leg)

10 single leg back kicks (right leg)

10 march steps

10-count raised knee hold (left leg)

10 single leg back kicks (left leg)

done

CARDIO CIRCUIT

DAREBEE WORKOUT
@ darebee.com

Level I 3 sets

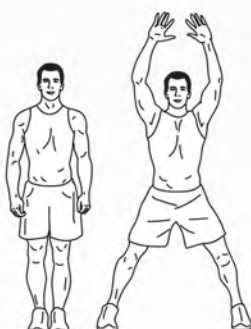
Level II 5 sets

Level III 7 sets

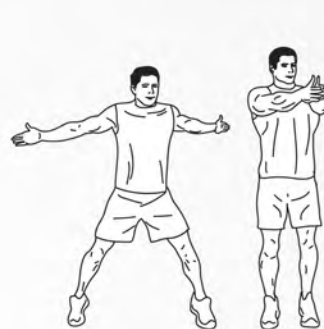
2 minutes rest



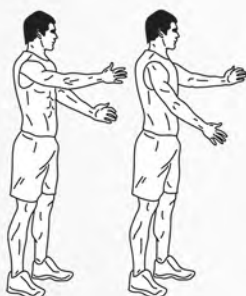
10 seal jacks



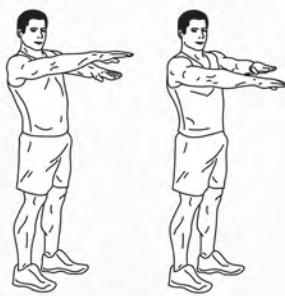
4 jumping jacks



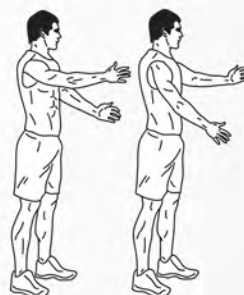
10 seal jacks



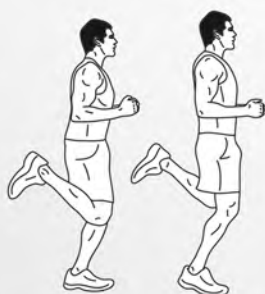
10 scissor chops



10 arm scissors



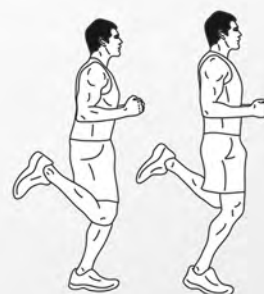
10 scissor chops



10 butt kicks



4 high knees

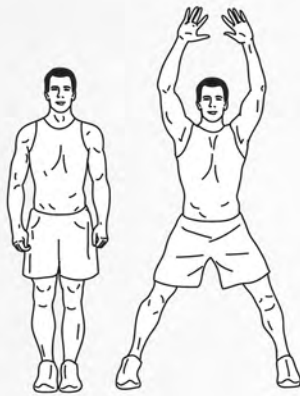


10 butt kicks

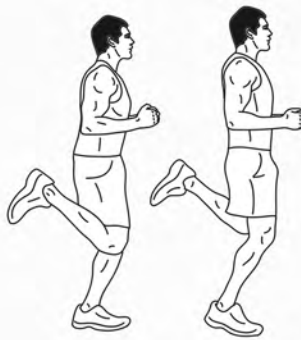
Cardio Fix

DAREBEE WORKOUT @ darebee.com

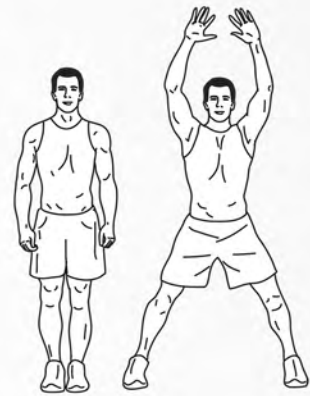
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



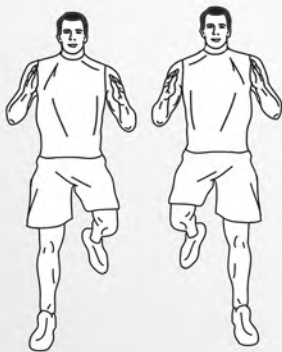
10 jumping jacks



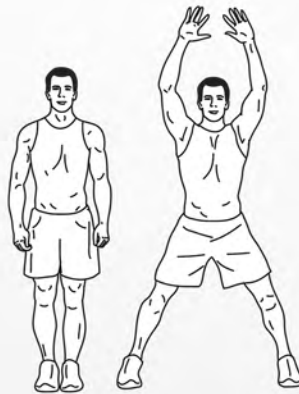
10 butt kicks



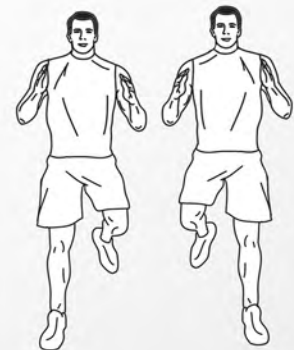
10 jumping jacks



10 side-to-side hops



10 jumping jacks



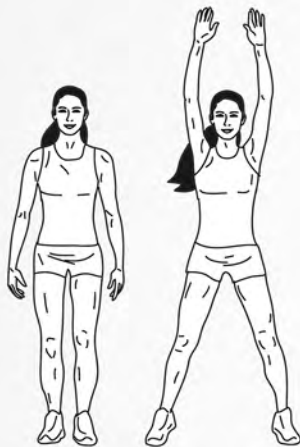
10 side-to-side hops

CARDIO FUSION

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

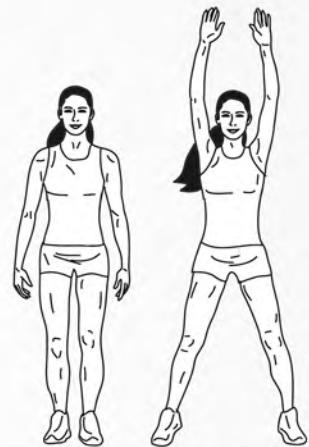
REST up to 2 minutes



15 jumping jacks



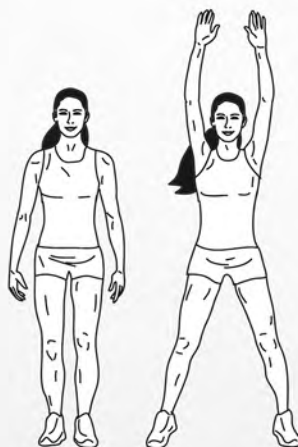
10 side-to-side lunges



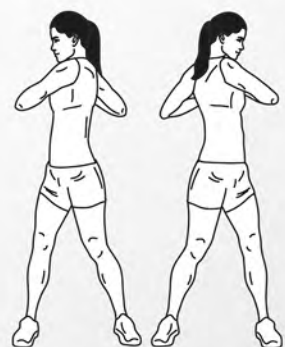
15 jumping jacks



10 raised arm circles



15 jumping jacks



10 twists

Cardio Grind

DAREBEE WORKOUT @ darebee.com

repeat 3 times with 2 minutes rest in between



20 march steps



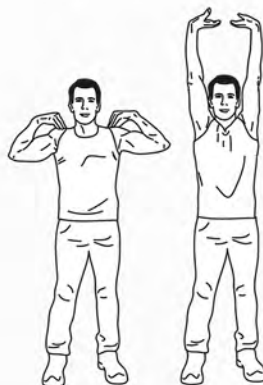
10 elbow clicks



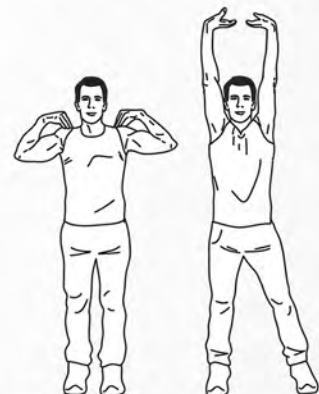
10 step elbow clicks



20 march steps



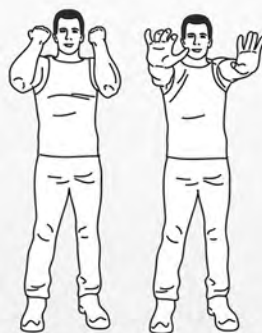
10 shoulder taps



10 step shoulder taps



20 march steps



10 bicep extensions

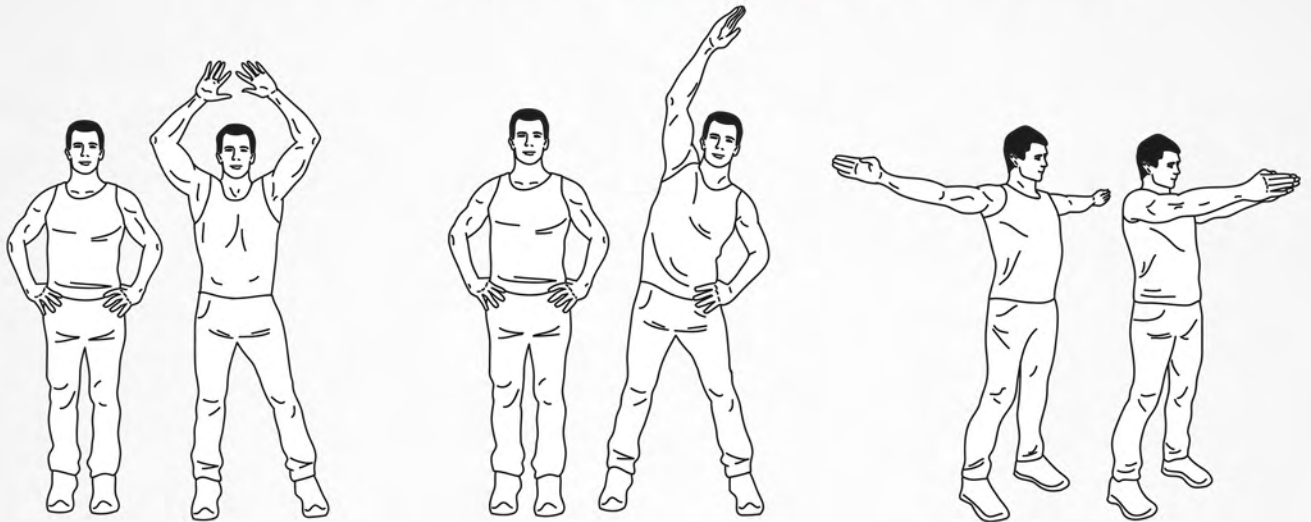


10 step bicep extensions

Cardio Inc.

DAREBEE WORKOUT @ darebee.com

repeat 3 times with 2 minutes rest in between



20 step jacks

4 step side jacks

4 chest expansions

20 step jacks

4 step side jacks

4 chest expansions

20 step jacks

4 step side jacks

4 chest expansions

done

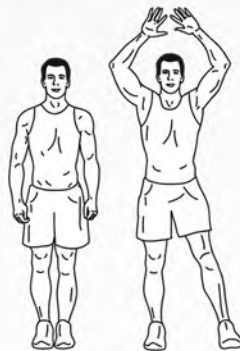
cardio **light**

DAREBEE WORKOUT @ darebee.com

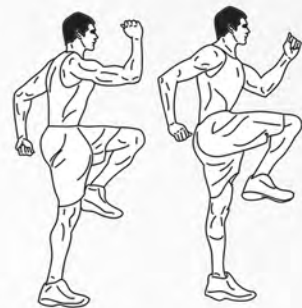
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 march steps



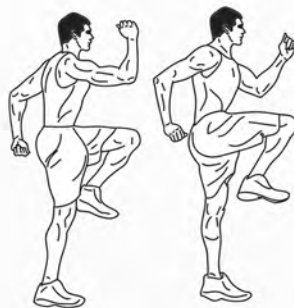
10 step jacks



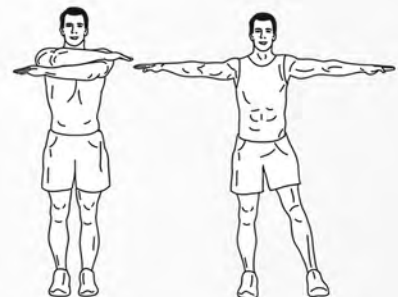
10 march steps



10 side jacks



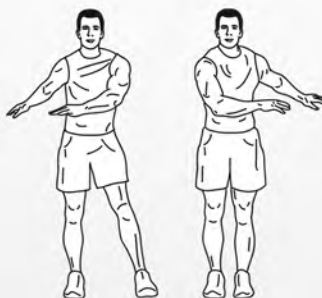
10 march steps



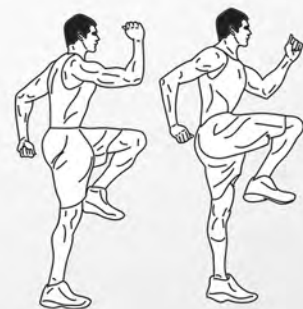
10 scissor steps



10 march steps

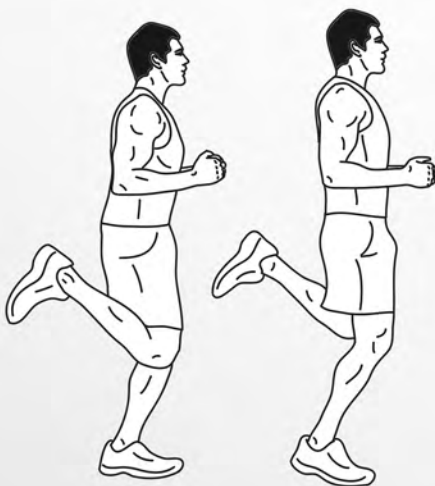
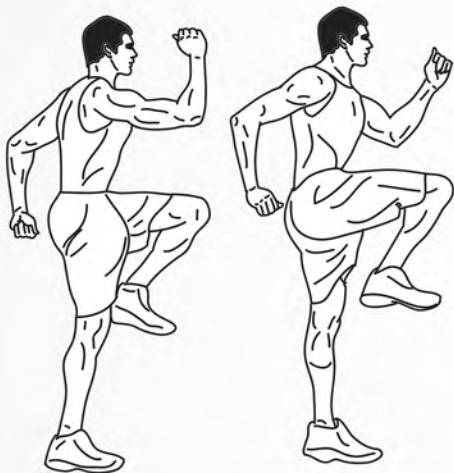


10 side-to-side steps



10 march steps

cardio magic



DAREBEE WORKOUT

@ darebee.com

5 sets | 2 minutes rest

10 march steps

6 butt-kicks

10 march steps

6 butt-kicks

10 march steps

6 butt-kicks

10 march steps

6 butt-kicks

10 march steps

6 butt-kicks

done

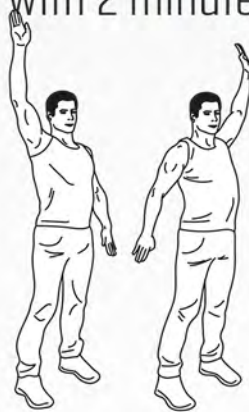
Cardio Mill

DAREBEE WORKOUT @ darebee.com

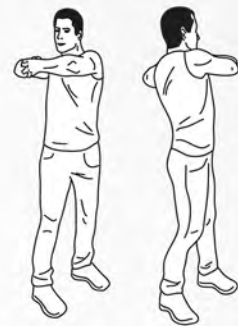
repeat 3 times with 2 minutes rest in between



20 side step jacks



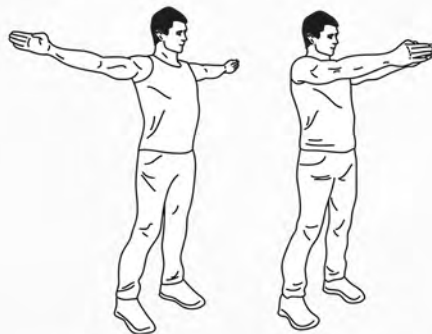
20 alt chest expansions



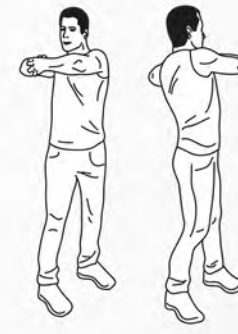
4 clasped arm rotations



20 side step jacks



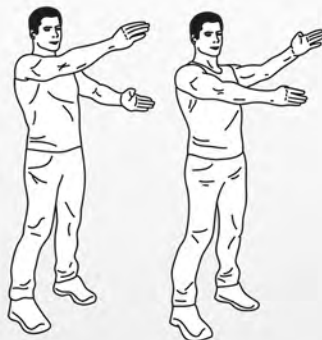
20 chest expansions



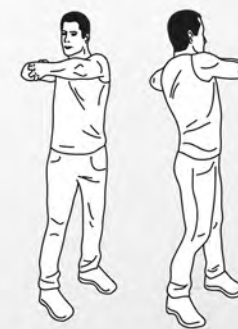
4 clasped arm rotations



20 side step jacks



20 arm chops



4 clasped arm rotations

Cardio Party

DAREBEE WORKOUT @ darebee.com

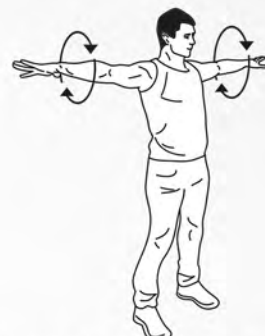
repeat 3 times with 2 minutes rest in between



10 cross leg raises



10 side leg raises



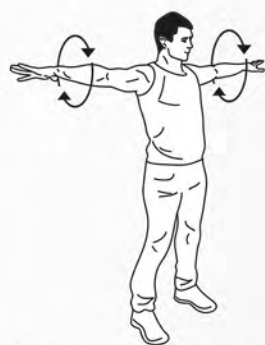
10 raised arm circles



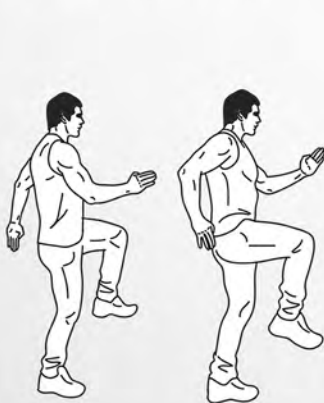
10 low front kicks



10 step back + knee up



10 raised arm circles



10 march steps



10 side step jacks



10 raised arm circles

Cardio Pump

DAREBEE WORKOUT @ darebee.com

repeat 3 times with 2 minutes rest in between



10 step back + knee ups

10 knee-to-elbows

4 torso rotations

10 step back + knee ups

10 knee-to-elbows

4 torso rotations

10 step back + knee ups

10 knee-to-elbows

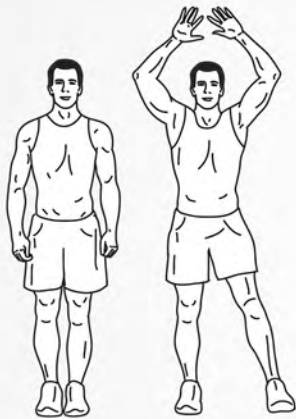
4 torso rotations

done

Cardio Rehab

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets **REST** up to 2 minutes



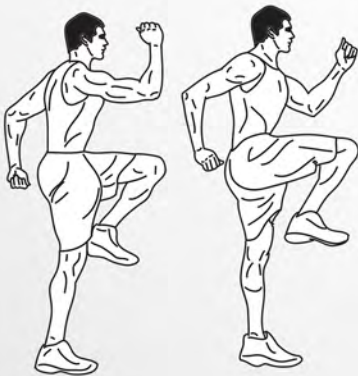
10 step jacks



10 knee-to-elbows



10 side jacks



10 march steps



10 reverse lunges



10 calf raises

Cardio Sculpt

DAREBEE WORKOUT @ darebee.com

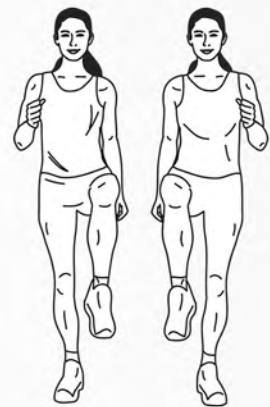
repeat 3 times with 2 minutes rest in between



20 march steps



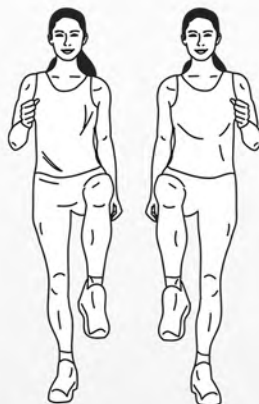
10 double punch step



20 march steps



10 twists



20 march steps



10 knee-to-elbows

Cardio Stroll

DAREBEE WORKOUT @ darebee.com
repeat 3 times with 2 minutes rest in between



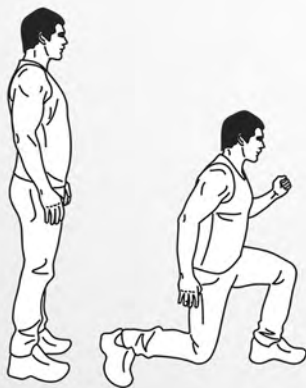
20 march steps



10 reverse lunges



20 march steps



10 forward lunges



20 march steps



10 step back + step up

CARE PACKAGE

DAREBEE WORKOUT @ darebee.com

10 seconds each stretch



#1



#2



#3



#4



#5



#6



#7



#8



#9



#10



#11



#12



#13



#14

Catch & Release

DAREBEE WORKOUT

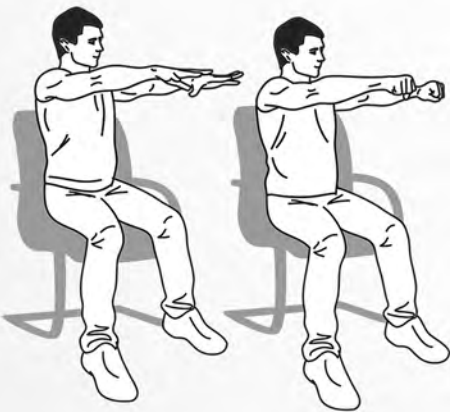
© darebee.com



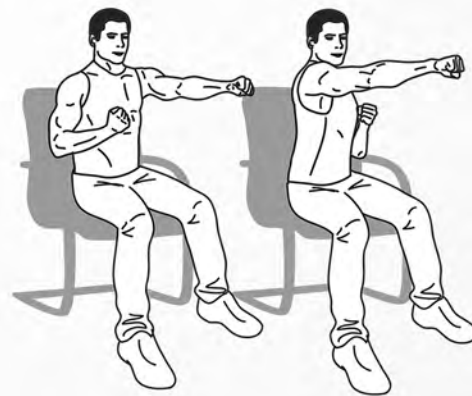
overhead clench
20



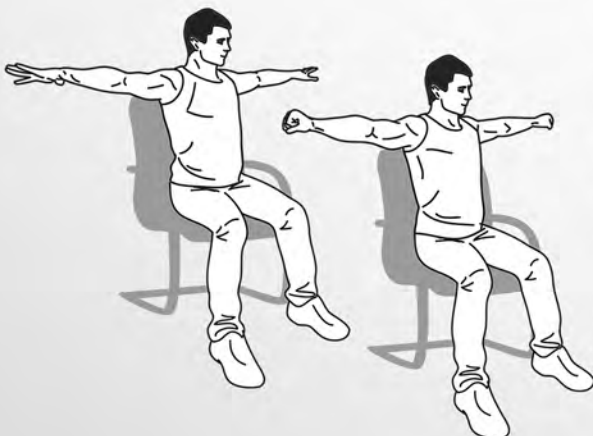
overhead punches
20



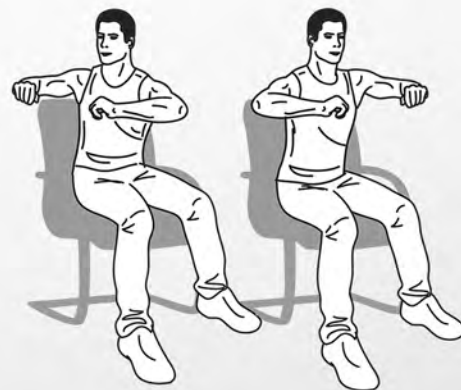
extended clench
20



punches
20



side extended clench
20

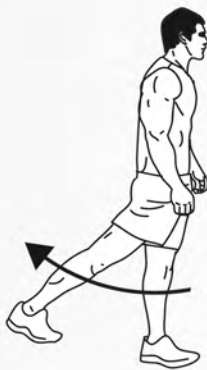


torso twists
20

THE CENTENARIAN

DAREBEE WORKOUT © darebee.com

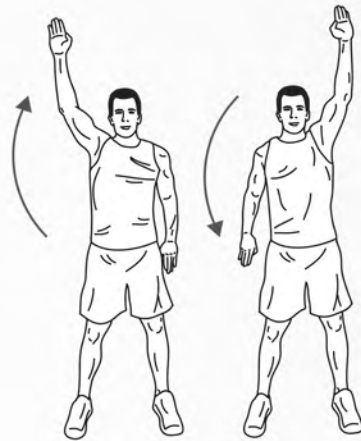
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



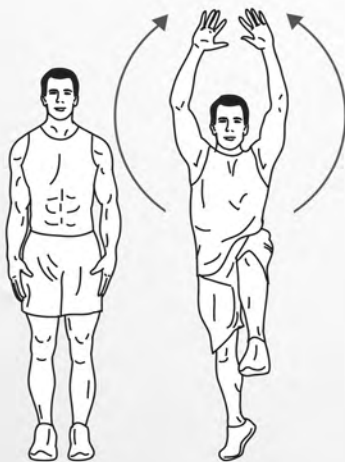
20 straight back leg swings



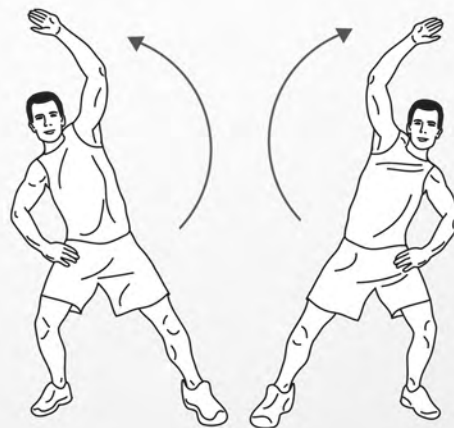
10 hip rotations



20 alternating chest expansions



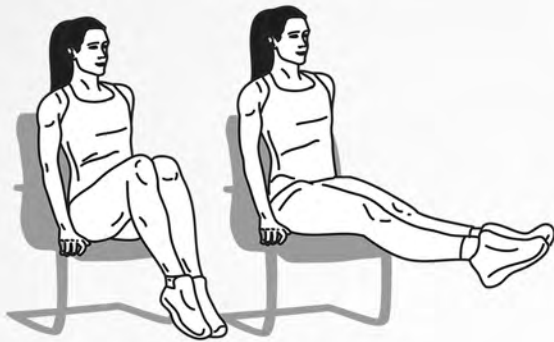
20 march jacks



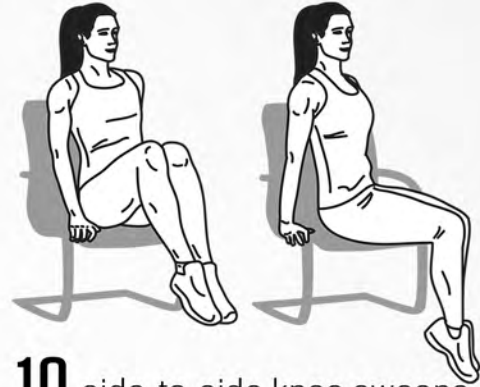
20 side jacks

chair abs

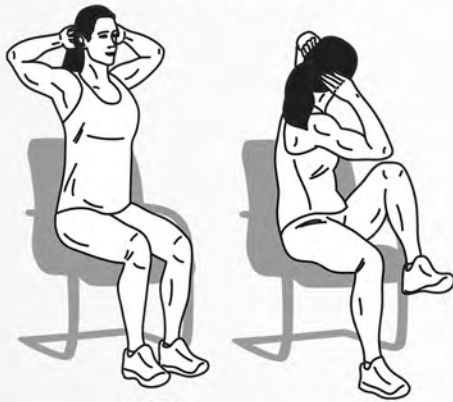
DAREBEE WORKOUT © darebee.com



10 crunch kicks



10 side-to-side knee sweeps



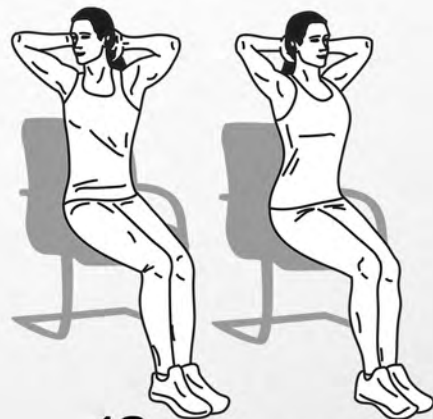
10 knee-to-elbows



10 leg raises



10 cycling crunches



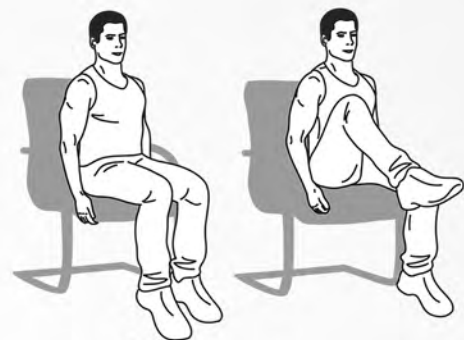
10 sitting twists

chair cycle

DAREBEE WORKOUT @ darebee.com



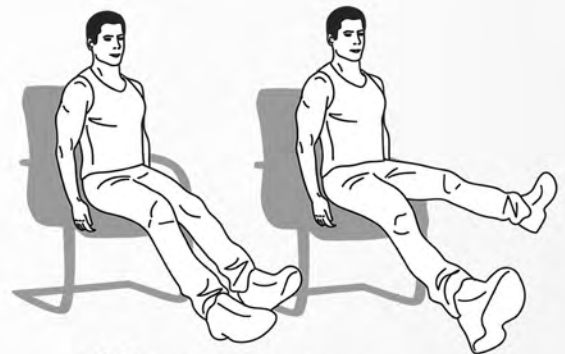
20 cycling



10 knee-ins



20 cycling



10 leg extensions



20 cycling



10 slow kicks

Cheeky Monkey

DAREBEE WORKOUT

@ darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



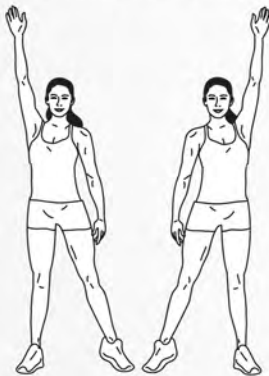
10 knee-to-elbows



10 half jacks



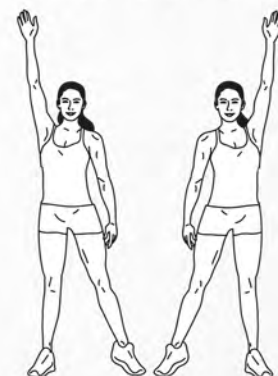
10 knee-to-elbows



10 step jacks



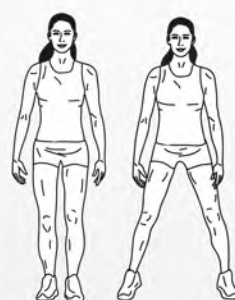
10 knee-to-elbows



10 step jacks



10 knee-to-elbows



10 half jacks



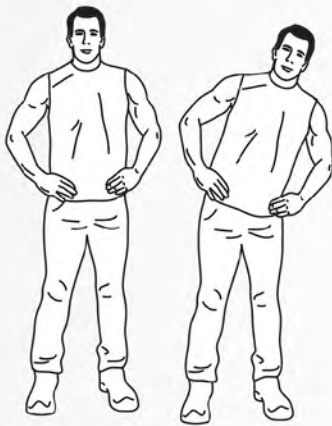
10 knee-to-elbows

chest & lower back stretch

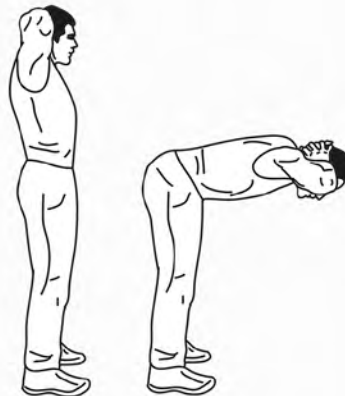
by DAREBEE

@ darebee.com

20 seconds each exercise.



side bends



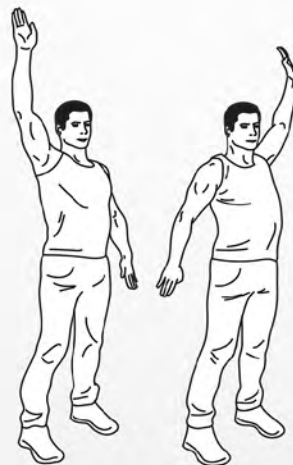
forward bends



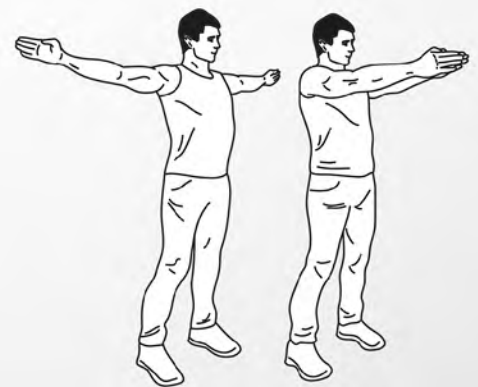
torso twists



side leg raises



alt chest expansions



chest expansions

CLEAN SLATE

DAREBEE WORKOUT @ darebee.com

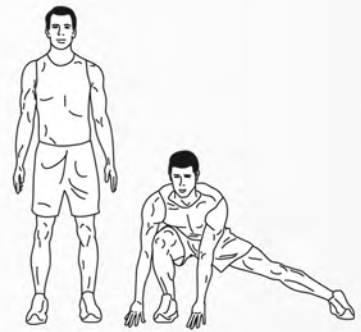
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



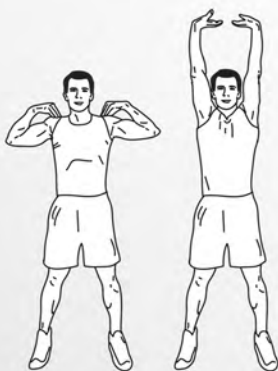
20 march steps



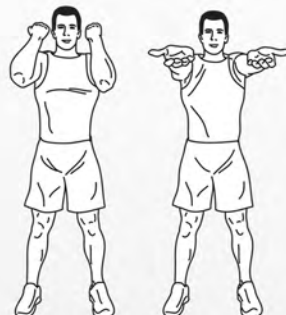
4 reverse lunges



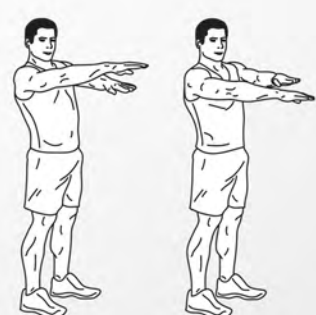
4 side lunges



20 shoulder taps



20 bicep extensions

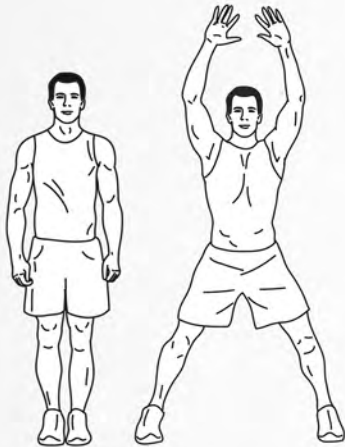


20 arm scissors

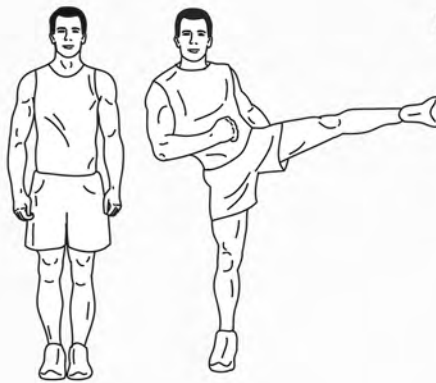
COOKIE

DAREBEE WORKOUT @ darebee.com

Complete one circuit for one cookie =
10 reps each exercise



jumping jacks



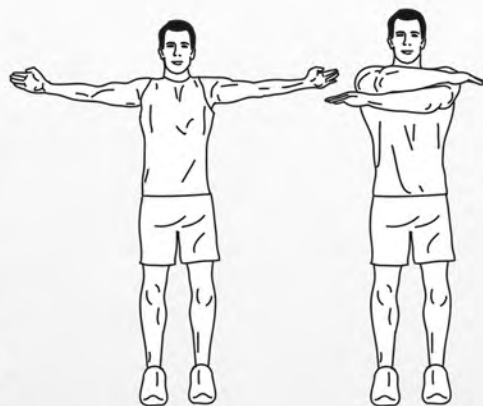
side leg raises



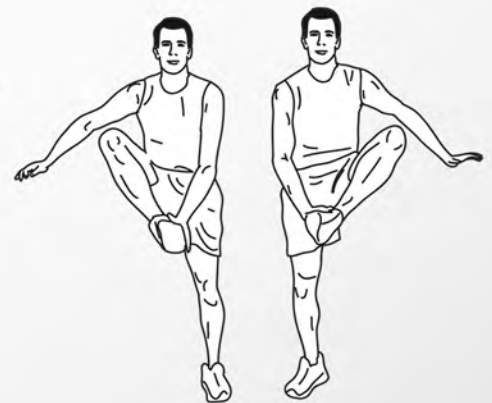
knee-to-elbows



jumps



arm scissors

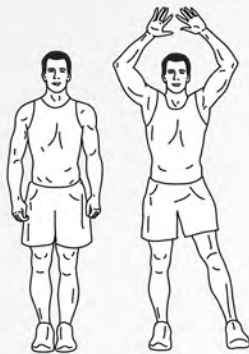


toe tap hops

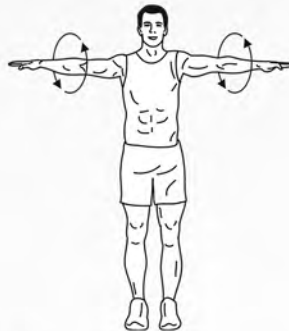
CORRECTOR

DAREBEE WORKOUT @ darebee.com

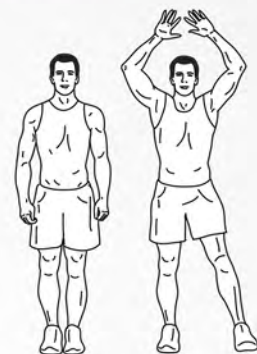
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



10 step jacks



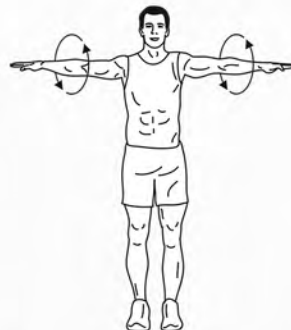
20 raised arm circles



10 step jacks



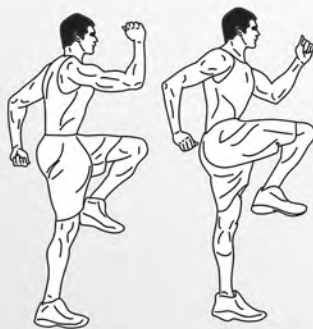
10 knee-to-elbows



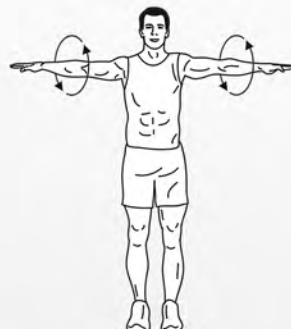
20 raised arm circles



10 knee-to-elbows



10 march steps



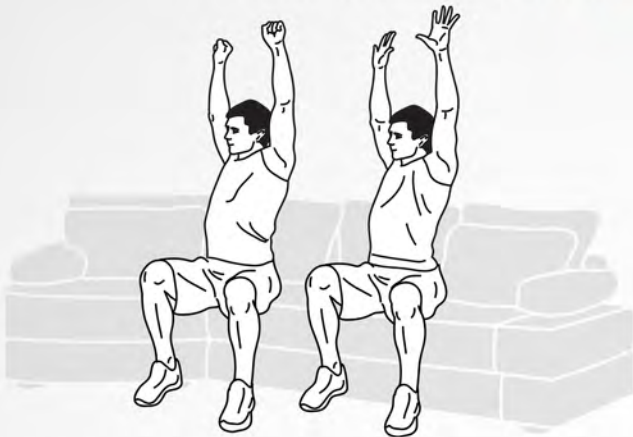
20 raised arm circles



10 march steps

couch potato

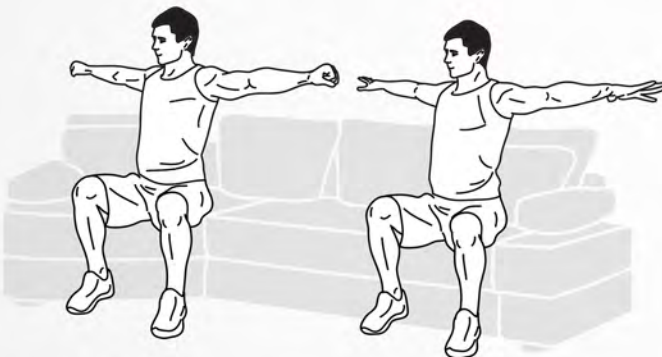
DAREBEE WORKOUT @ darebee.com



20sec overhead clench / unclench



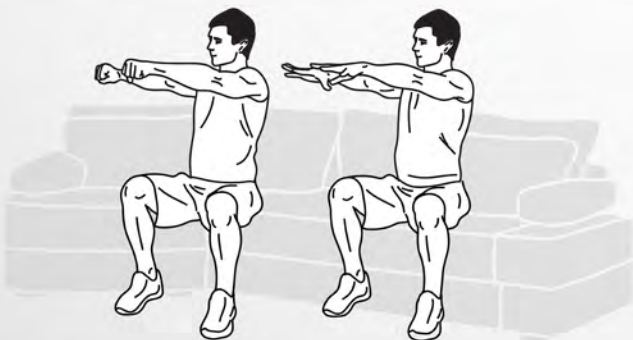
40sec overhead hold



20sec to the side clench / unclench



40sec to the side hold



20sec to the front clench / unclench

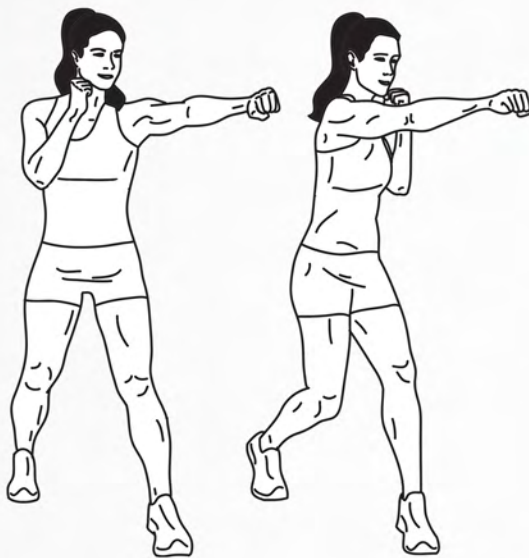


40sec to the front hold

COUNTER

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 punches

2 squats

20 punches

2 squats

20 punches

2 squats



20 punches

2 squats

20 punches

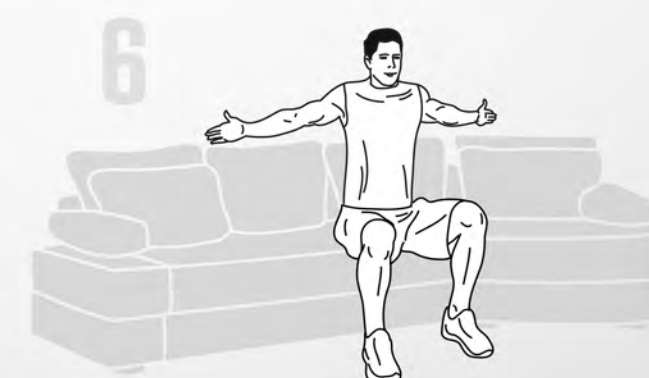
2 squats

COZY UP

DAREBEE SOFA WORKOUT

@darebee.com

Hold each stretch and **count to 10**, change sides and hold it again every time you cozy up on the sofa to stretch your muscles, and help blood circulation.



DAY ONE

DAREBEE
WORKOUT

© darebee.com

Level I 3 sets

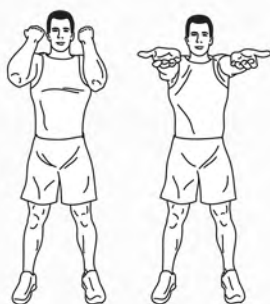
Level II 5 sets

Level III 7 sets

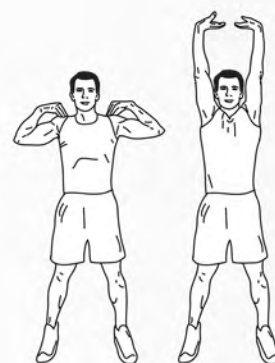
2 minutes rest



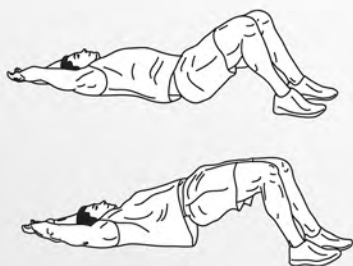
10 forward lunges



20 bicep extensions



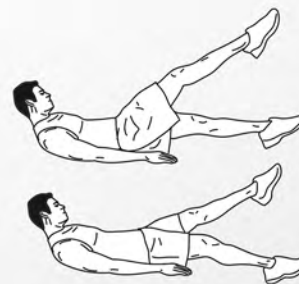
20 shoulder taps



10 bridges



10 heel taps



10 flutter kicks

DEX TERI TY

DAREBEE
WORKOUT

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LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes



10 arm scissors



10 scissor chops



10 shoulder rotations



10 bicep extensions



10 shoulder taps



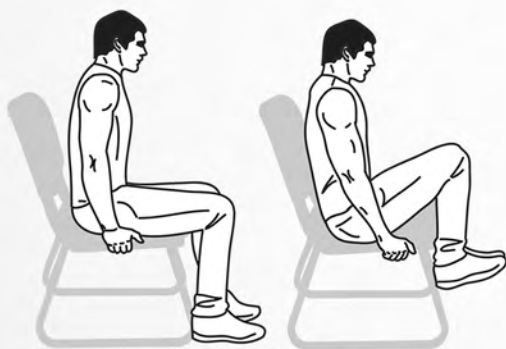
30 clench / unclench

DOCKED

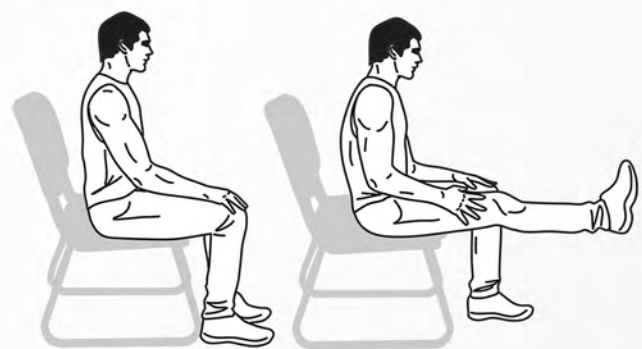
DAREBEE OFFICE WORKOUT @ darebee.com



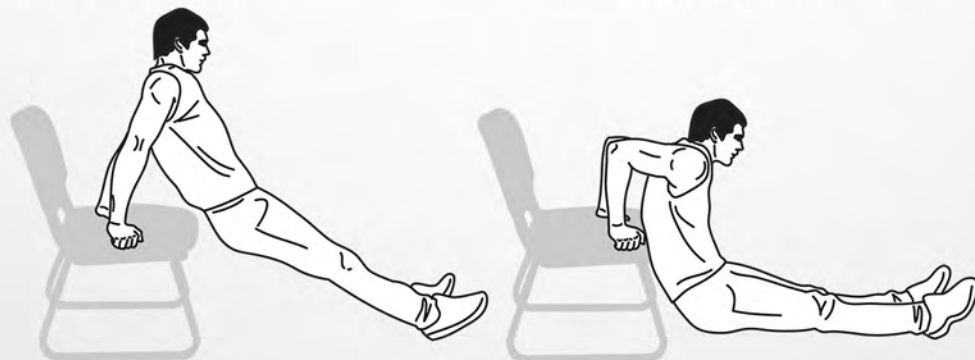
20 chair pistol squats



20 knee crunches



20 leg extensions

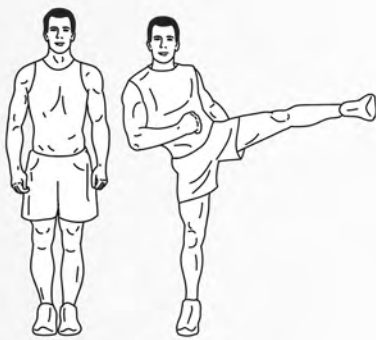


20 chair tricep dips

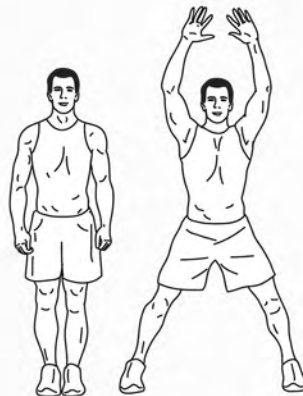
THE DO OVER

DAREBEE WORKOUT @ darebee.com

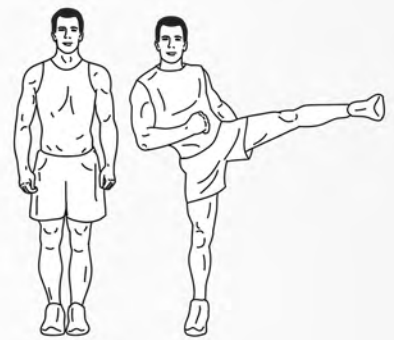
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



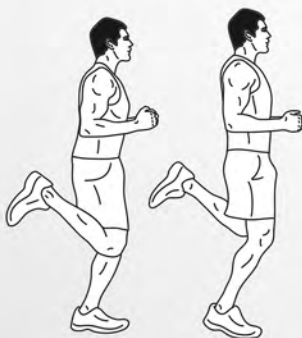
20 side leg raises



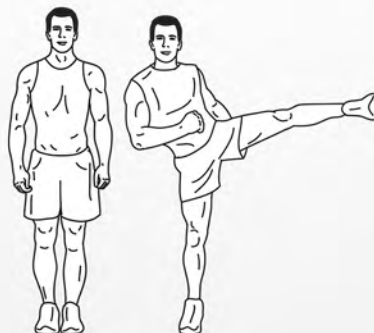
20 jumping jacks



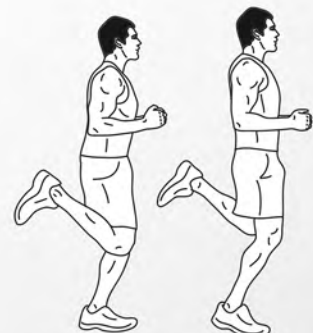
20 side leg raises



20 butt kicks



20 side leg raises

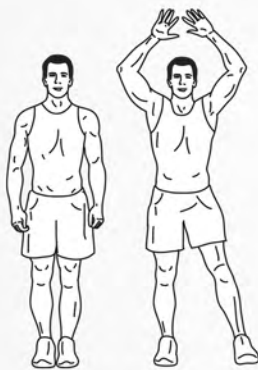


20 butt kicks

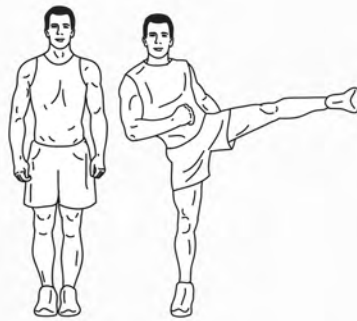
EASY DOES IT

DAREBEE WORKOUT @ darebee.com

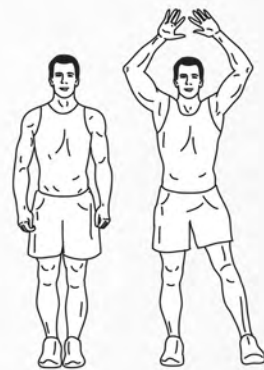
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



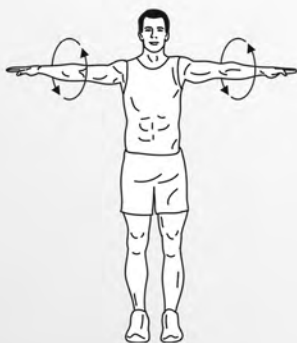
10 step jacks



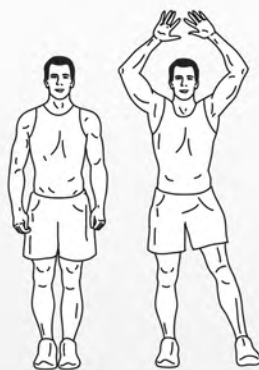
20 side leg raises



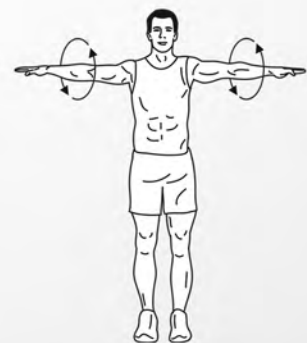
10 step jacks



20 raised arm circles



10 step jacks



20 raised arm circles

EASY LEGS WORKOUT

by DAREBEE © darebee.com

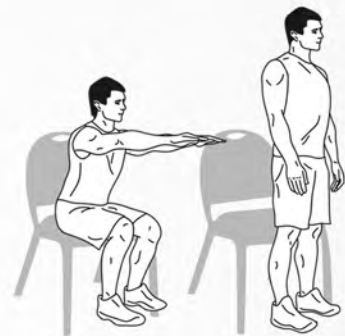
2 minutes rest between exercises.



10 side leg raises
x 3 sets | 20sec rest



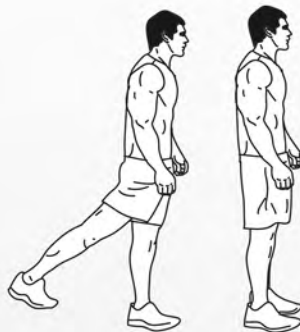
10 lunges
x 3 sets | 20sec rest



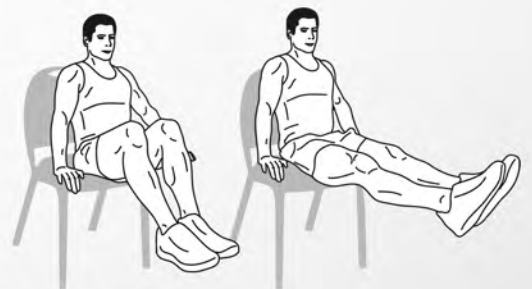
10 sit to stand
x 3 sets | 20sec rest



10 calf raises
x 3 sets | 20sec rest



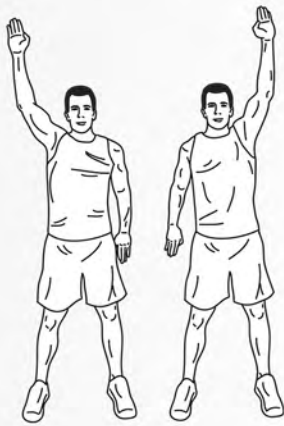
10 back leg raises
x 3 sets | 20sec rest



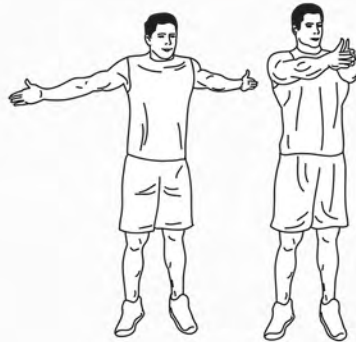
10 leg raises
x 3 sets | 20sec rest

ENERGY BOOST

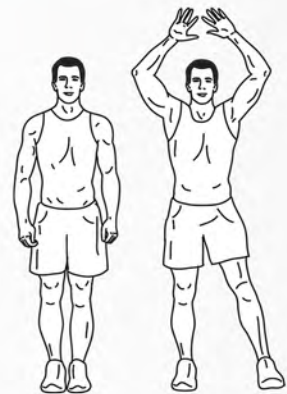
DAREBEE WORKOUT @ darebee.com



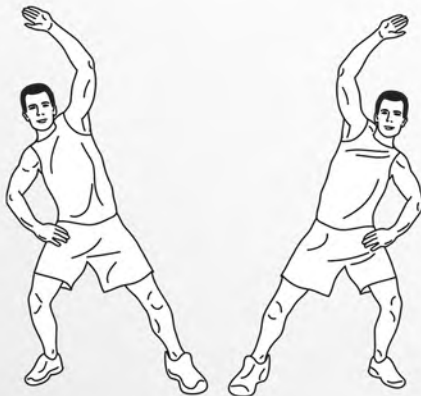
10 alt chest expansions



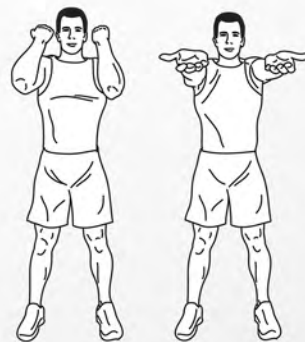
10 chest expansions



10 step jacks



10 side jacks



10 bicep extensions

EVERYDAY YOGA

DAREBEE WORKOUT @ darebee.com

Hold each pose for 20 seconds then move on to the next one.

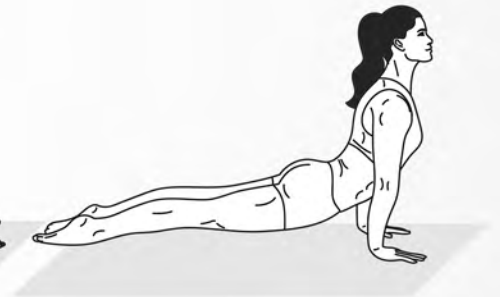
Repeat the sequence again on the other side.



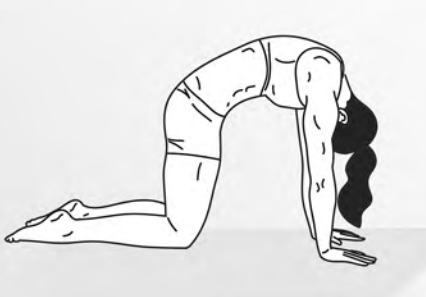
deep lunge with twist



downward dog



upward dog



cat pose



cow pose

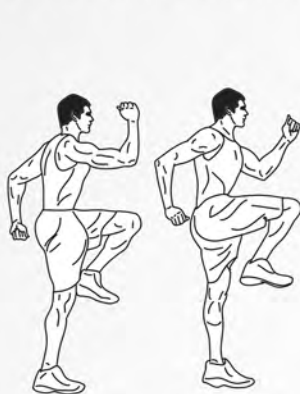


pigeon pose

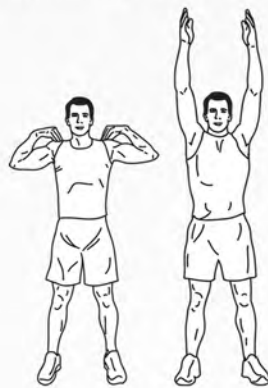
EXPLORER

DAREBEE WORKOUT @ darebee.com

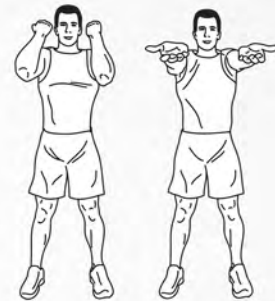
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



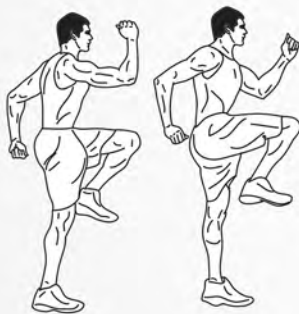
20 march steps



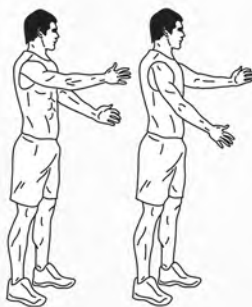
10 shoulder taps



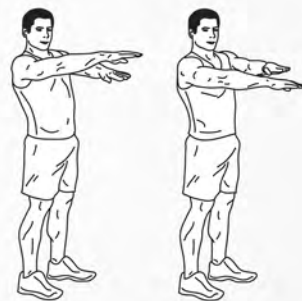
10 bicep extensions



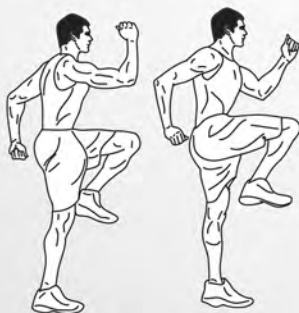
20 march steps



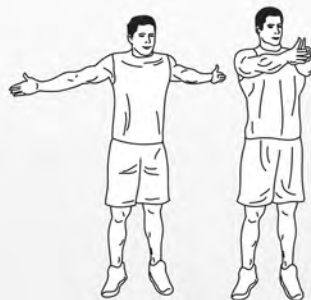
10 scissor chops



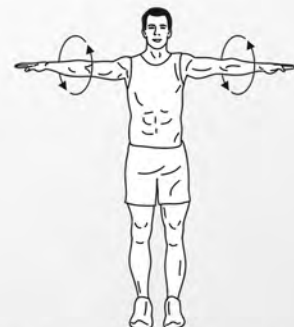
10 arm scissors



20 march steps



10 chest expansions



10 raised arm circles

THE EXTRA MILE

DAREBEE WORKOUT
@ darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

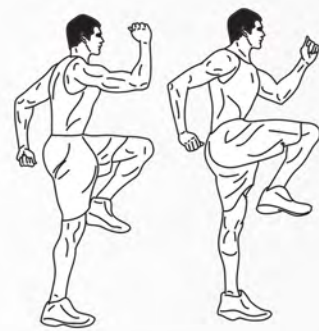
2 minutes rest



20 march steps



10 calf raises



20 march steps



20 butt kicks



20 march steps



20 high knees

FACE the DAY

DAREBEE
WORKOUT

@ darebee.com



hold each pose for 20 seconds

change sides and repeat the sequence again



hold each for 5 seconds

repeat the sequence 5 times

5 quick exhalations



**hold the pose
for 20 seconds**



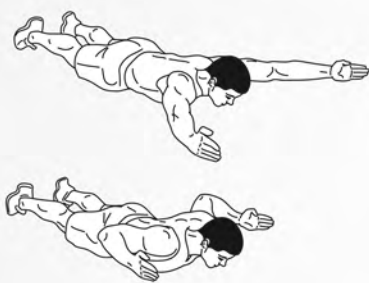
**hold the pose
for 20 seconds**



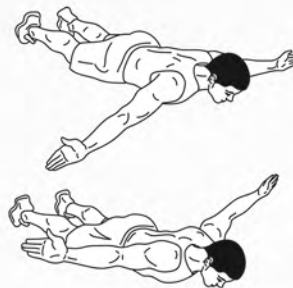
**hold the pose
for 60 seconds**

FALLBACK

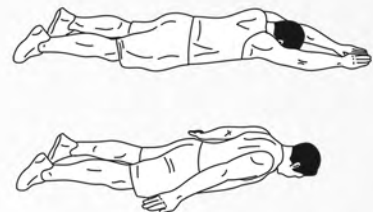
DAREBEE WORKOUT @ darebee.com



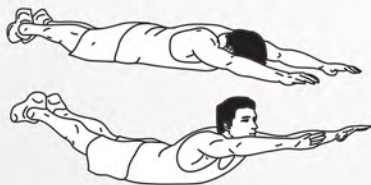
10 W-extensions
3 sets in total
20 sec rest in between



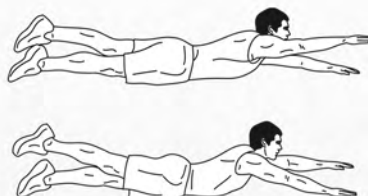
10 prone reverse fly
3 sets in total
20 sec rest in between



10 reverse angels
3 sets in total
20 sec rest in between



10 superman extensions
3 sets in total
20 sec rest in between



10 swimmers
3 sets in total
20 sec rest in between



60 seconds
stretch

5-MINUTE FILLER



30 side leg raises (right leg)

30 side leg raises (left leg)

60 seconds rest

30 side leg raises (right leg)

30 side leg raises (left leg)

60 seconds rest

30 side leg raises (right leg)

30 side leg raises (left leg)

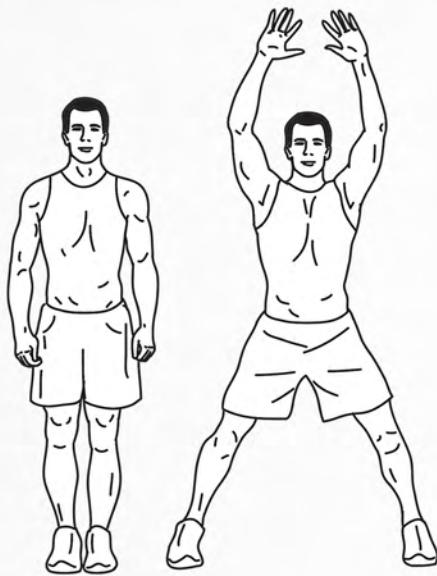
done

DAREBEE WORKOUT © darebee.com

FINAL COUNTDOWN

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks

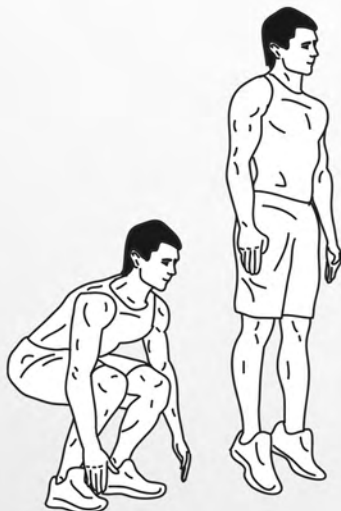
one jump squat

10 jumping jacks

one jump squat

10 jumping jacks

one jump squat



10 jumping jacks

one jump squat

10 jumping jacks

one jump squat

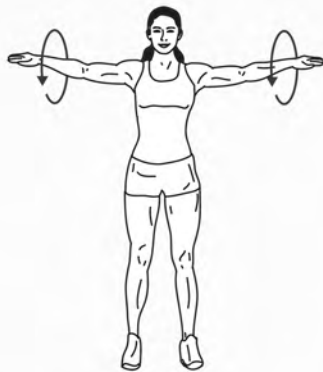
Firefly

DAREBEE WORKOUT @ darebee.com

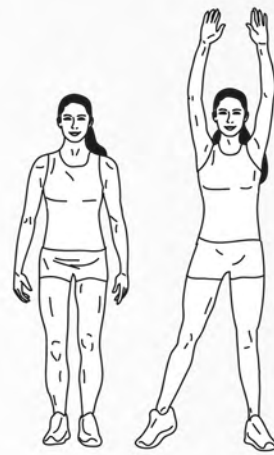
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 march steps



20 arm circles



10 step jacks



20 arm circles



10 back leg raises



20 arm circles

f^{oot}work

DAREBEE 2-MINUTE WORKOUT @ darebee.com

FOOT SORENESS & TENSION RELIEF;
IMPROVED CIRCULATION & POSTURE

- 20 seconds each -



1. forward bends



2. rotations



3. forward & backward bends



4. clench & unclench



5. side-to-side

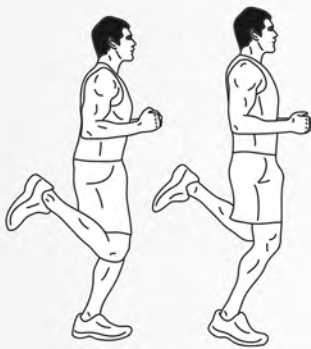


6. toes back bends

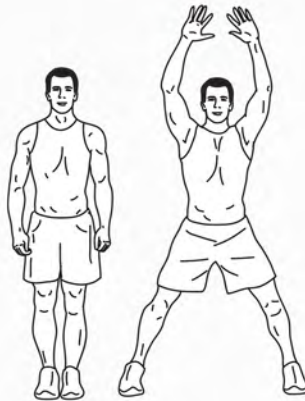
FRESH START

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



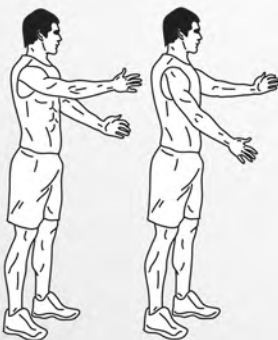
10 butt kicks



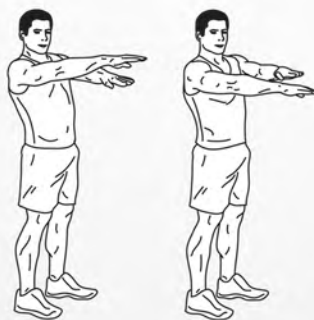
10 jumping jacks



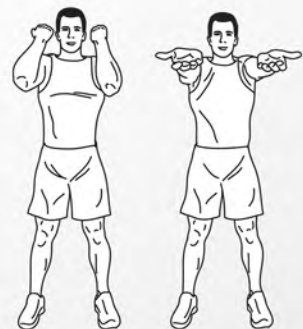
10 knee-to-elbow



20 scissor chops



20 arm scissors



20 bicep extensions

full body *stretch*

by DAREBEE
© darebee.com

40 seconds
each exercise.



neck stretch



shoulder stretch



tricep stretch



pelvic stretch



quad stretch

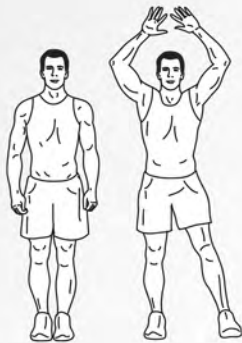


forward bend

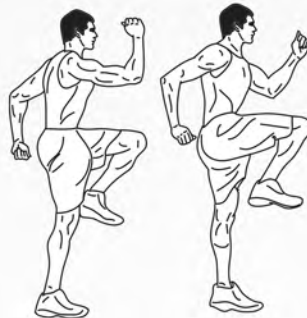
FUNDAMENTALS

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 step jacks



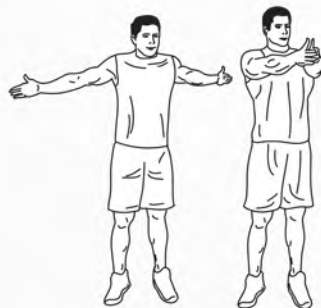
10 march steps



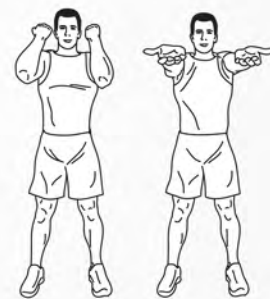
10 single hip rotations



10 arm circles



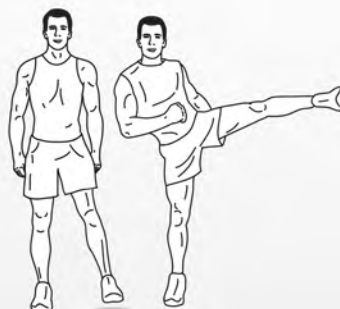
10 chest expansions



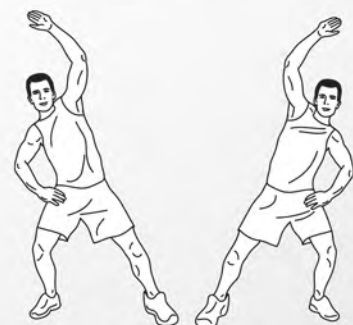
10 bicep extensions



10 calf raises



10 side leg raises



10 side jacks

GLOW

DAREBEE WORKOUT @ darebee.com

Hold each pose for 30 seconds then move on to the next one.

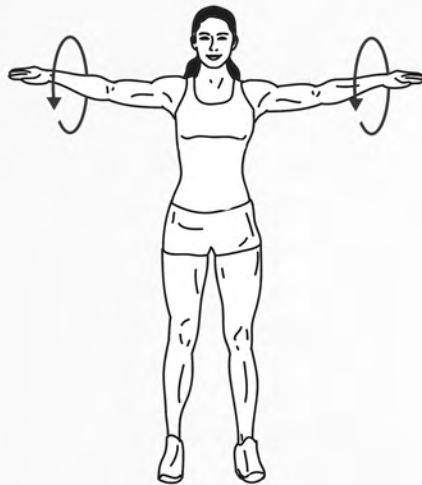
Repeat the sequence again on the other side.



GONE WILD

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 raised arm circles

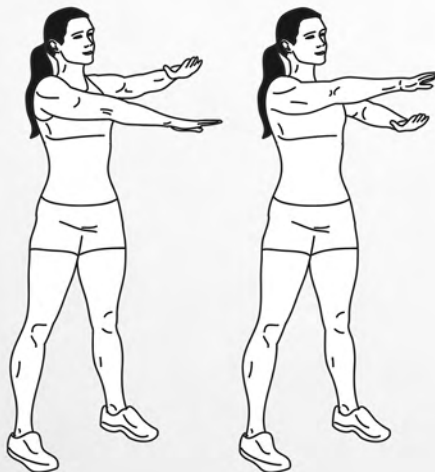
6 arm scissors

10 raised arm circles

6 arm scissors

10 raised arm circles

6 arm scissors



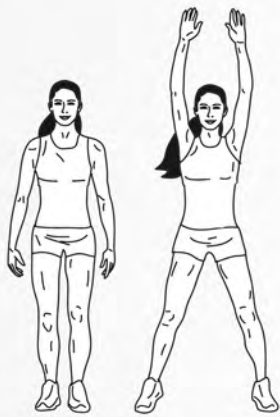
10 raised arm circles

6 arm scissors

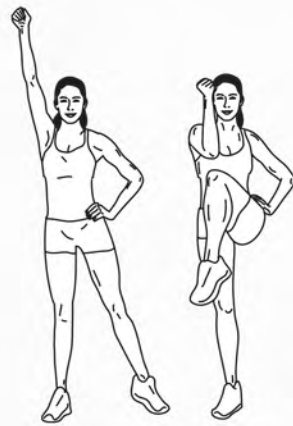
Good Morning!

DAREBEE WORKOUT @ darebee.com

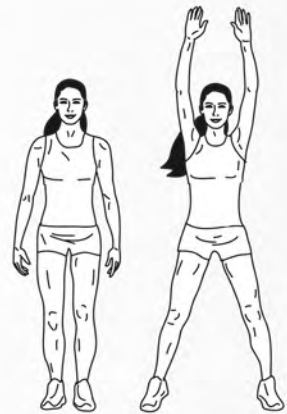
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



10 jumping jacks



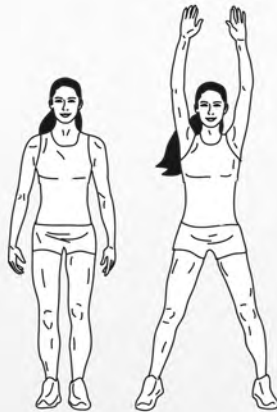
4 knee-to-elbows



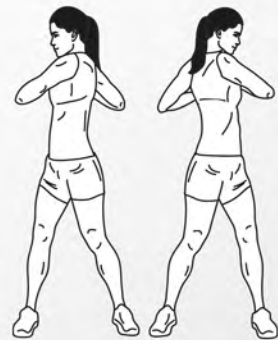
10 jumping jacks



4 side bends



10 jumping jacks



4 twists

GOOD MORNING YOGA

BY DAREBEE

@ darebee.com

Hold each pose
for 30 seconds
then move on
to the next one.



gravity *hold II*

DAREBEE WORKOUT

@ darebee.com

20 seconds hold each.
Change sides & repeat.



arms raised to the side



arms raised to the front



squat hold with arms raised



leg raised to the side



knee raised up



calf raise hold

gravity *hold*

DAREBEE WORKOUT

@ darebee.com

10 seconds hold each.
Change sides & repeat.



arms extended to sides



arms extended to the front



arms extended overhead



leg raised to the side



leg raised forward

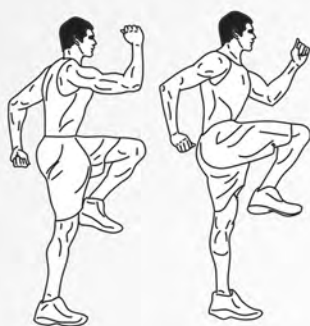


single leg half squat

THE GRIND

DAREBEE **HIIT** WORKOUT @ darebee.com

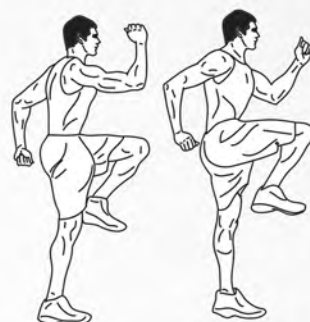
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



30sec march steps



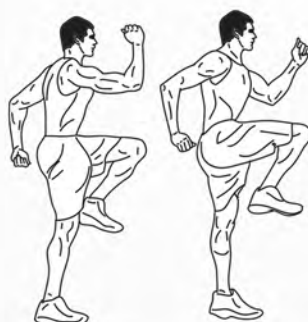
10sec squat hold



30sec march steps



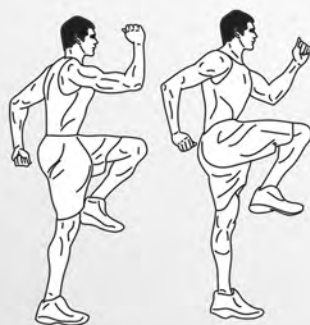
10sec calf raises



30sec march steps



10sec calf raises



30sec march steps



10sec squat hold



30sec march steps

HALL *OF* FAME

DAREBEE WORKOUT @ darebee.com

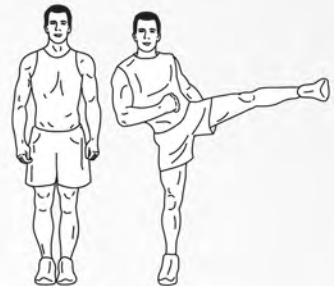
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



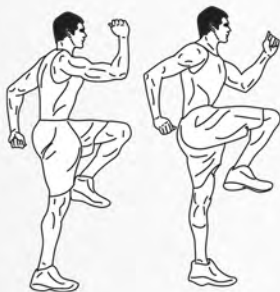
20 march steps



4 reverse lunges



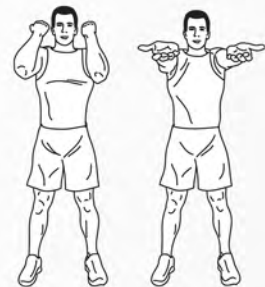
10 side leg raises



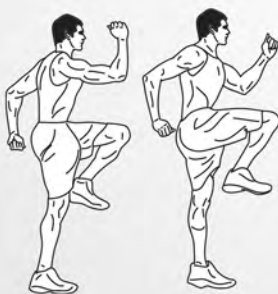
20 march steps



4 reverse lunges



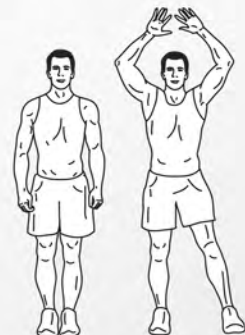
10 bicep extensions



20 march steps



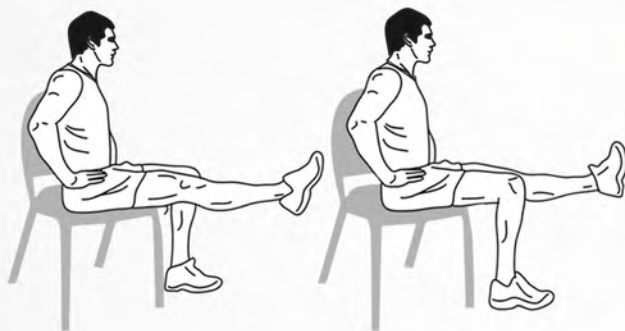
4 reverse lunges



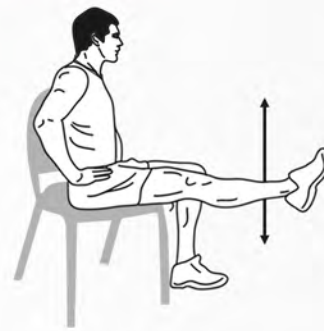
10 step jacks

hamstring mobility

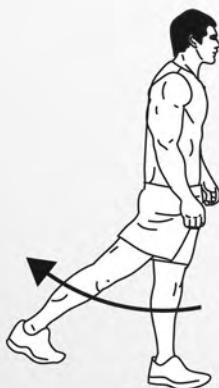
DAREBEE WORKOUT © darebee.com



10 leg raises
4 sets in total
30 sec rest in between



10 leg swings
4 sets in total
30 sec rest in between



10 back leg raises
4 sets in total
30 sec rest in between



10-count hamstring stretch
2 sets in total
30 sec rest in between



10-count forward bend
2 sets in total
30 sec rest in between

hand mobility

DAREBEE WORKOUT @ darebee.com

20 seconds each exercise.

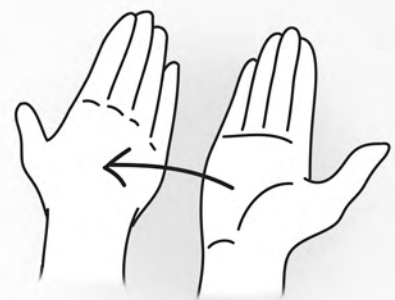
Repeat every couple of hours.



up & down stretch



up & down side stretch



rotations



arrow - into - table top - into - straight fist - into - claw - into - fist

hand tendons

DAREBEE WORKOUT @ darebee.com

20 seconds each exercise.

Repeat every couple of hours.



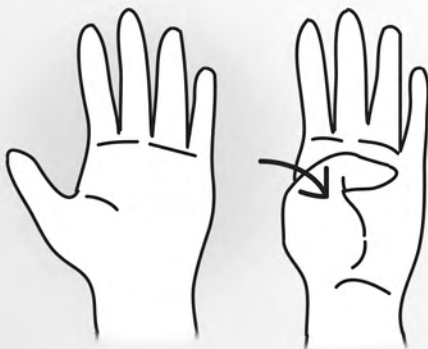
wide spread



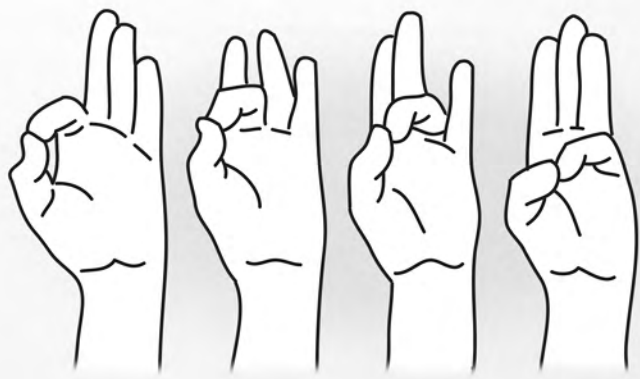
claw



finger lifts



thumb fold

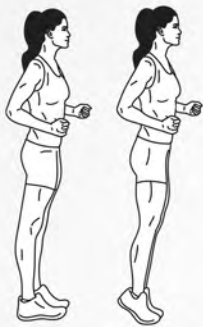


thumb to finger touch

HEALER

DAREBEE WORKOUT @ darebee.com

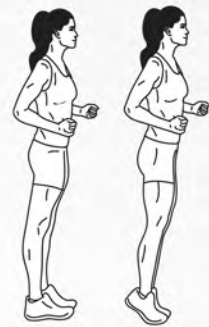
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



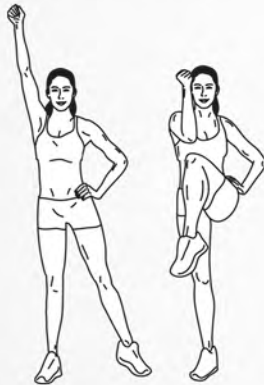
5 calf raises



10 reverse lunges



5 calf raises



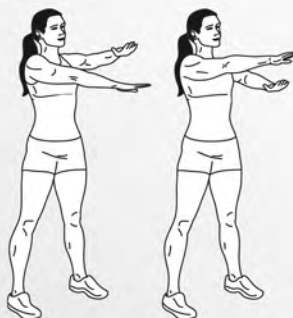
10 knee-to-elbows



5 high squats



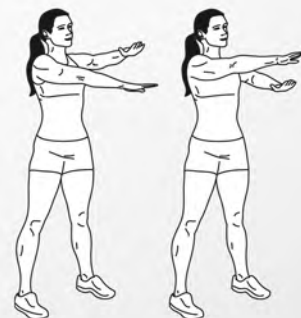
10 knee-to-elbows



10 arm scissors



10 raised arm circles



10 arm scissors

HEALTH POTION

FULL STRENGTH

DAREBEE
WORKOUT
@ darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



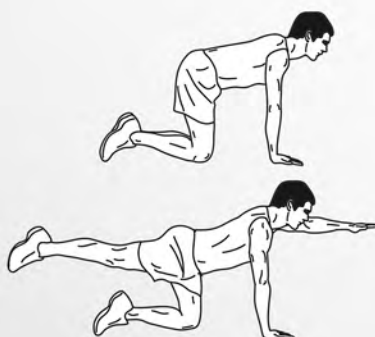
10 bridges



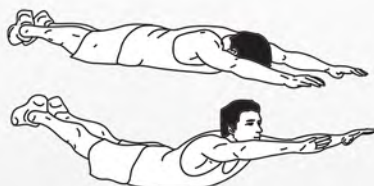
20 side leg raises



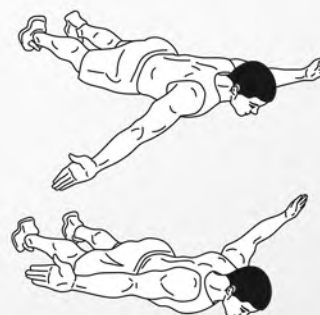
10 flutter kicks



20 alt arm / leg raises



10 superman extensions



10 prone reverse flyes

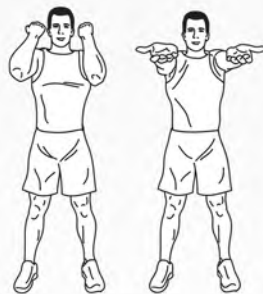
HERALD

DAREBEE WORKOUT @ darebee.com

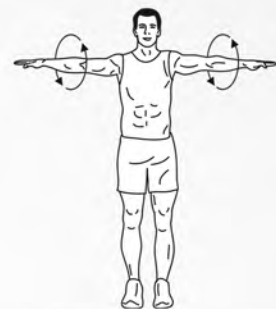
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 shoulder taps



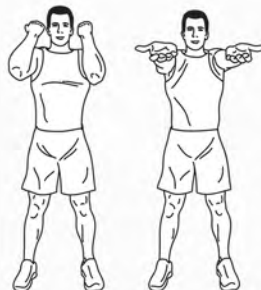
10 bicep extensions



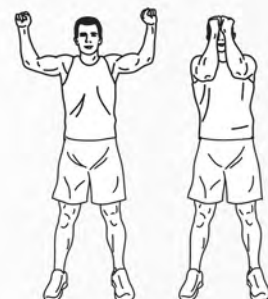
10 arm circles



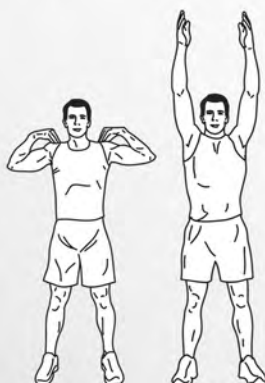
10 shoulder taps



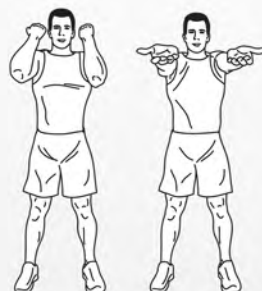
10 bicep extensions



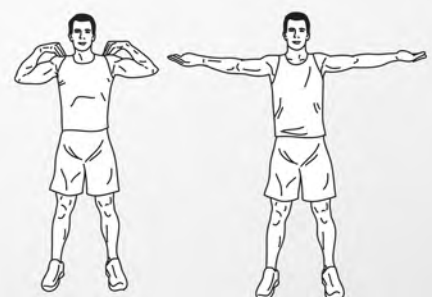
10 elbow clicks



10 shoulder taps



10 bicep extensions



10 side shoulder taps

HERE & NOW

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



20 march steps



6 reverse lunges



20 march steps



20-count stretch hold
right side



20 march steps



20-count stretch hold
left side

Hermit

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



5 squats



10-count squat hold



5 squats



5 knee push-ups



10-count knee push-up hold



5 knee push-ups



5 crunches



10-count crunch hold

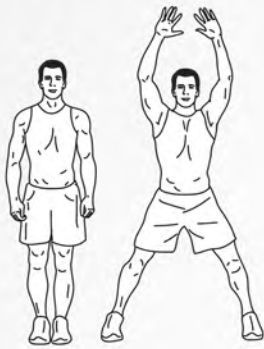


5 crunches

high burn

DAREBEE WORKOUT @ darebee.com

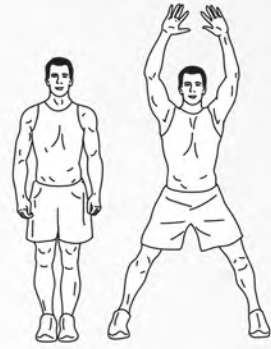
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



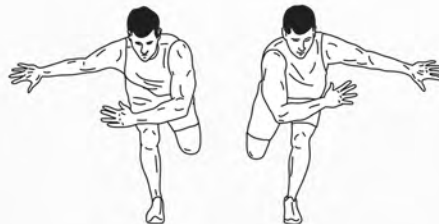
4 hop toe taps



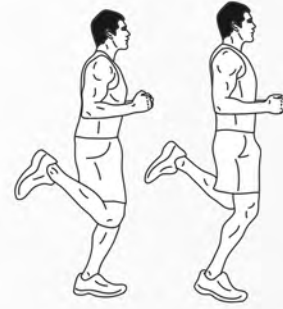
10 jumping jacks



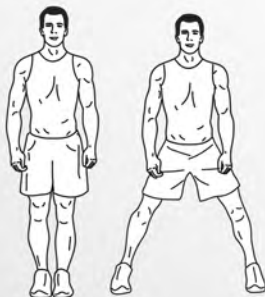
10 butt kicks



4 side-to-side jumps



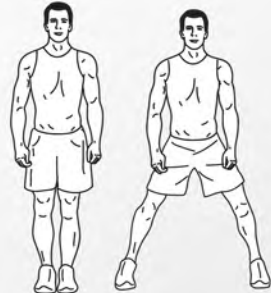
10 butt kicks



10 half jacks



4 hop heel clicks

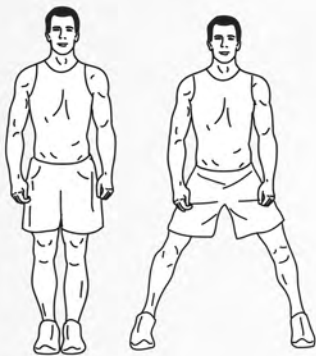


10 half jacks

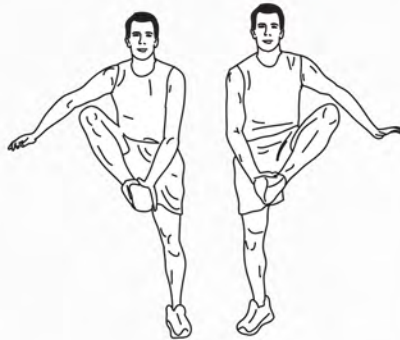
HOT POTATO

DAREBEE WORKOUT @ darebee.com

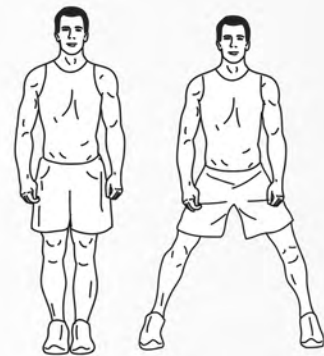
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



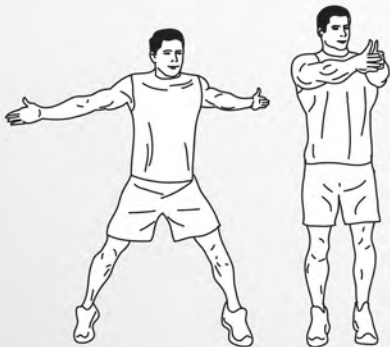
10 half jacks



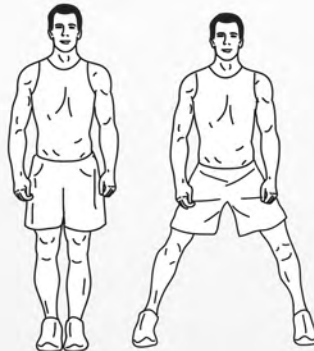
10 hop toe taps



10 half jacks



10 seal jacks



10 half jacks



10 hop heel clicks

INSOMNIA YOGA

DAREBEE WORKOUT @ darebee.com

Hold each pose for 30 seconds then move on to the next one.

1



2



3



4



5



6



7



8



9



JOINTS SUPPORT

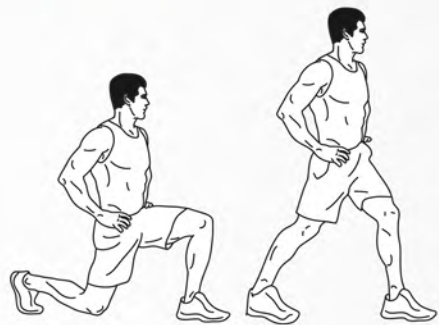
DAREBEE WORKOUT @ darebee.com



30sec wall sit



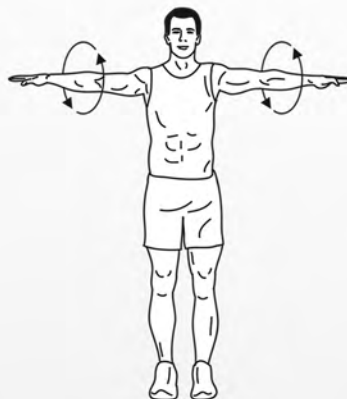
10 calf raises



10 split lunges



30sec wall push-up hold



30 raised arm circles

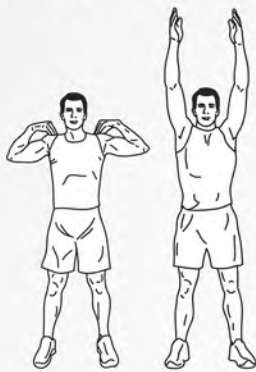


30sec shoulder stretch

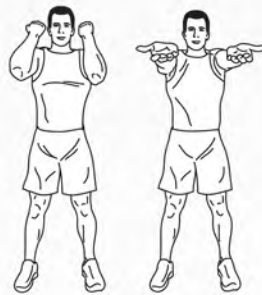
JOURNEY BEFORE DESTINATION

DAREBEE WORKOUT @ darebee.com

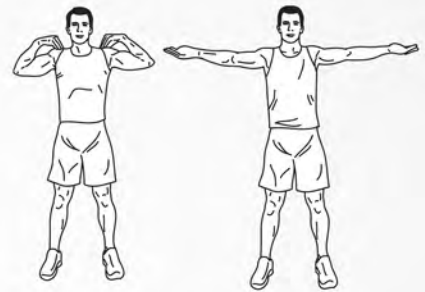
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 shoulder taps



20 bicep extensions



20 side shoulder taps



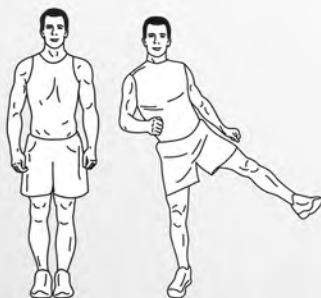
10 calf raises



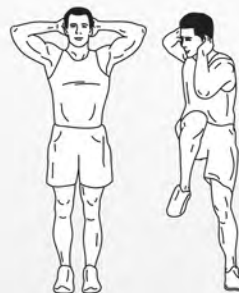
5 squats



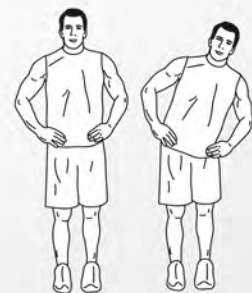
10 reverse lunges



10 side leg raises



10 knee-to-elbows



10 side bends

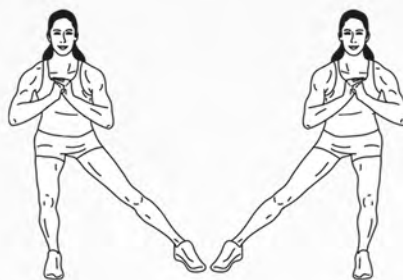
KEEPER

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



4 lunge step-ups



4 side-to-side lunges



4 lunge step-ups



20 punches



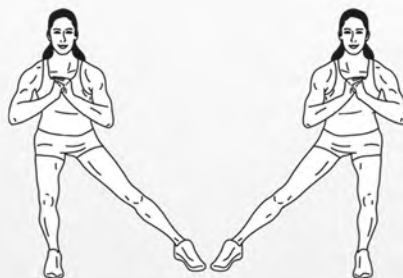
4 lunge step-ups



20 punches



4 lunge step-ups



4 side-to-side lunges

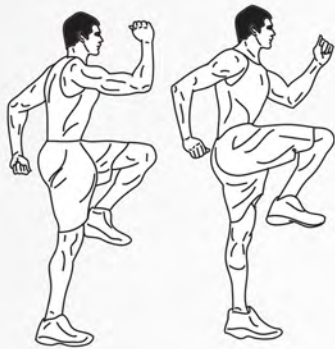


4 lunge step-ups

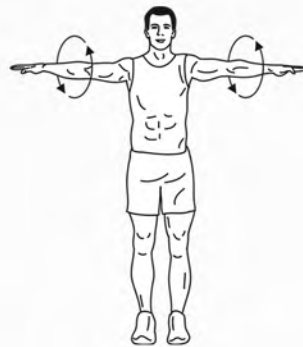
KINDER

DAREBEE WORKOUT @ darebee.com

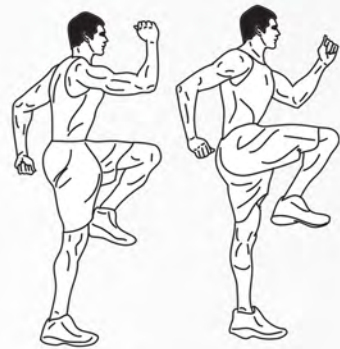
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



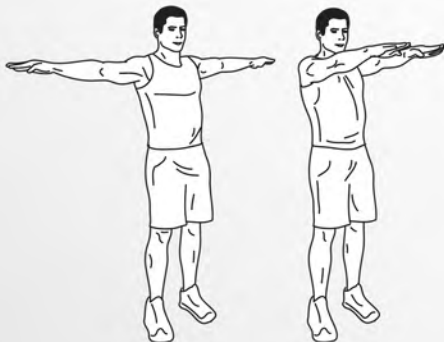
10 march steps



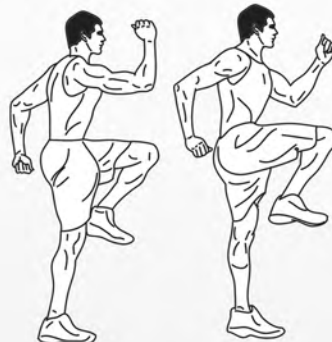
10 raised arm circles



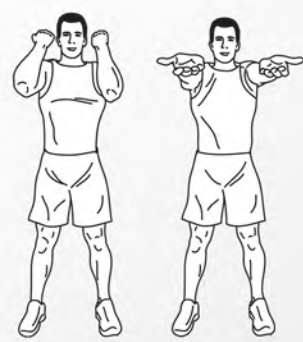
10 march steps



10 arm extensions



10 march steps



10 bicep extensions

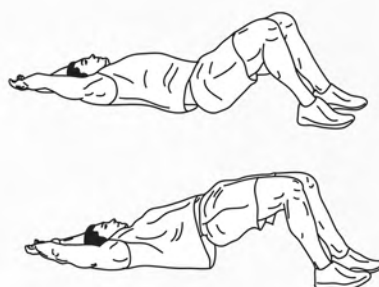
LAZY BEAR

DAREBEE WORKOUT @ darebee.com

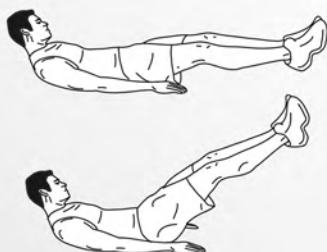
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



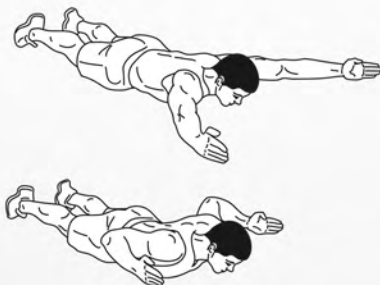
10 knee rolls



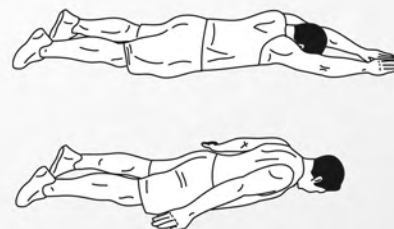
10 bridges



10 leg raises



10 W-extensions

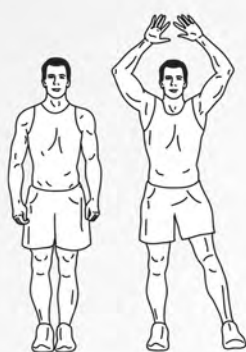


10 reverse angels

LIGHTFOOT

DAREBEE WORKOUT @ darebee.com

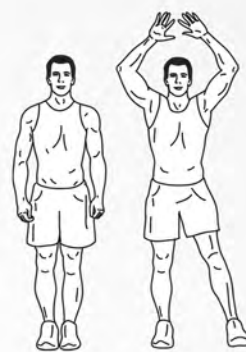
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



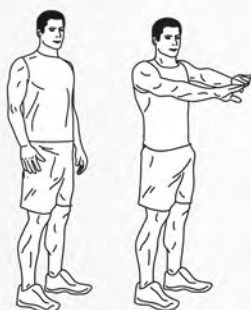
10 step jacks



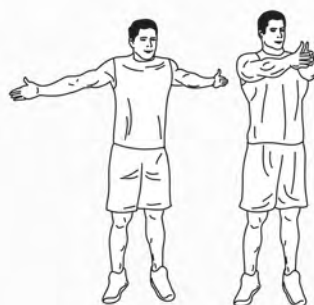
10 side jacks



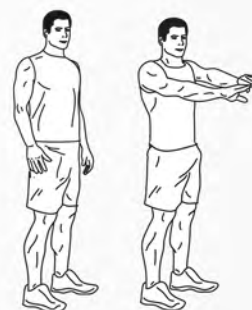
10 step jacks



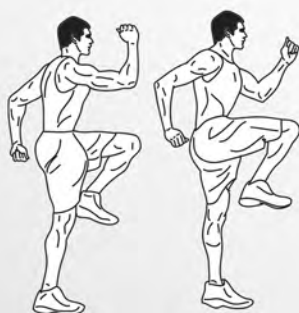
10 arm raises



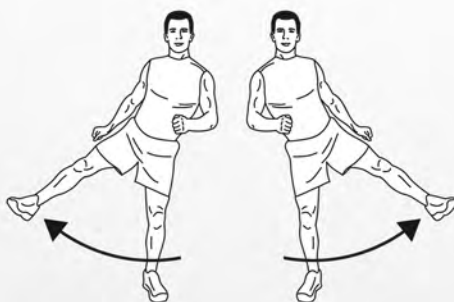
10 chest expansions



10 arm raises



10 march steps



10 side-to-side leg raises



10 march steps

LIVE LONG

DAREBEE WORKOUT

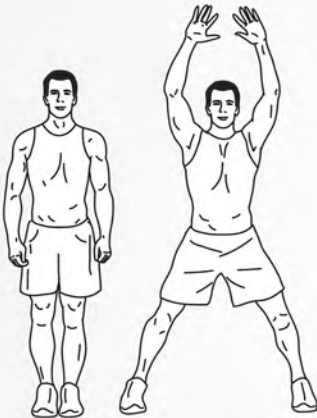
@ darebee.com

Level I 3 sets

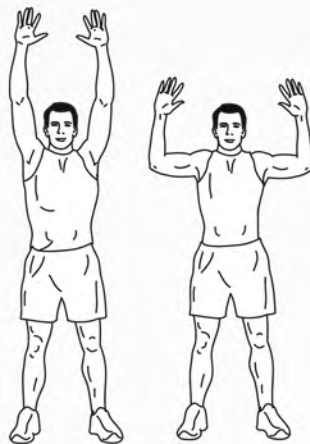
Level II 5 sets

Level III 7 sets

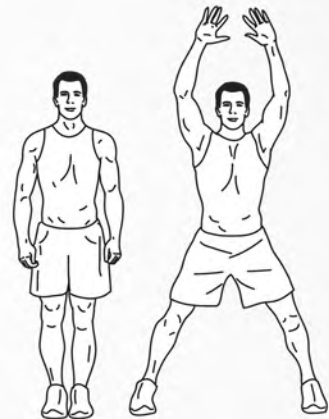
2 minutes rest



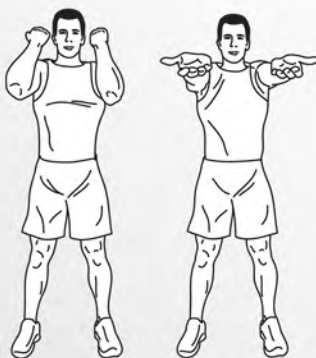
10 jumping jacks



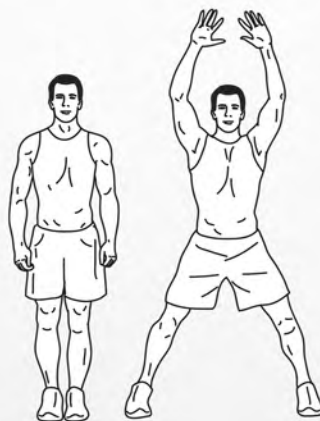
20 standing W-extensions



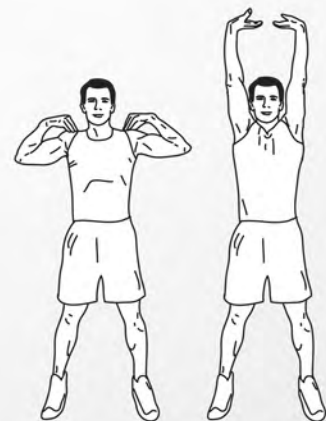
10 jumping jacks



20 bicep extensions



10 jumping jacks



20 shoulder taps

Living Room

DAREBEE WORKOUT @ darebee.com

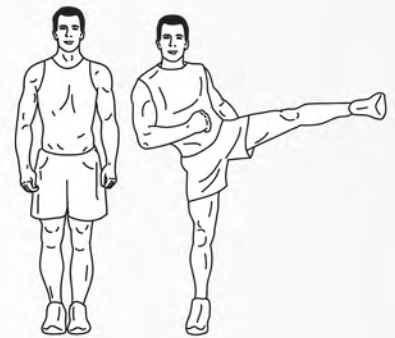
repeat 3 times with 2 minutes rest in between



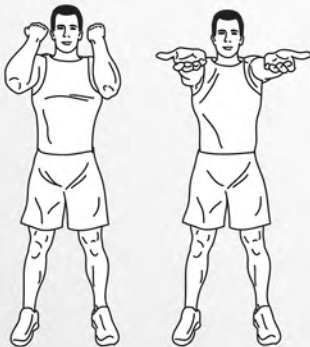
10 lunges



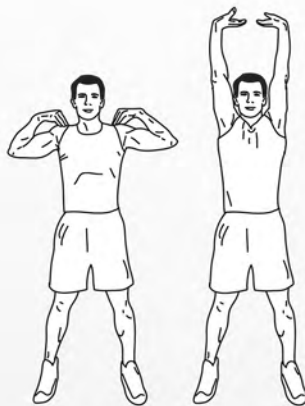
10 calf raises



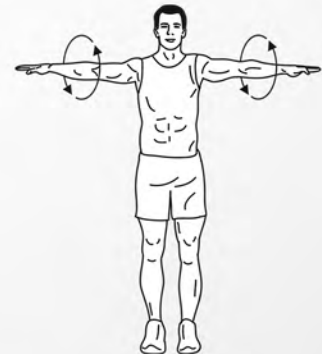
30 side leg raises



30 bicep extensions



30 shoulder taps



30 raised arm circles

lower **back**

DAREBEE WORKOUT @ darebee.com
20 seconds each exercise.

chair edition



knee in stretch



side stretch



knee fold forward stretch



knee-to-elbow stretch

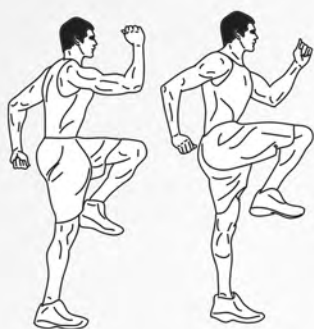


side twist

Low Impact

DAREBEE WORKOUT @ darebee.com

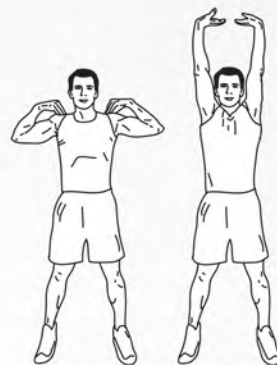
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



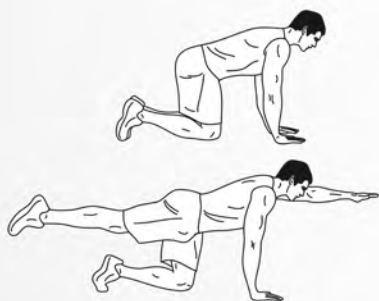
20 march steps



10 calf raises



40 shoulder taps



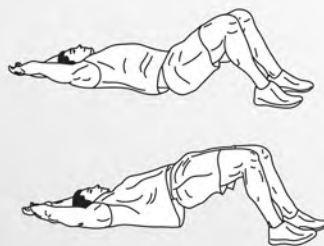
20 alt arm/leg raises



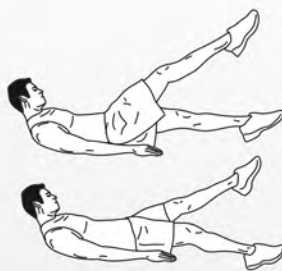
20 leg extensions



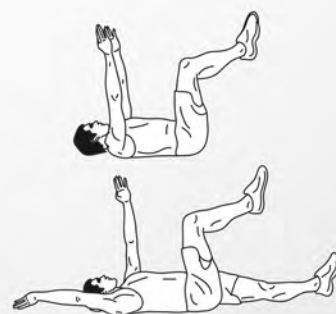
20 side leg extensions



10 bridges



20 flutter kicks



10 dead bugs

MAGICIAN

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20sec hold



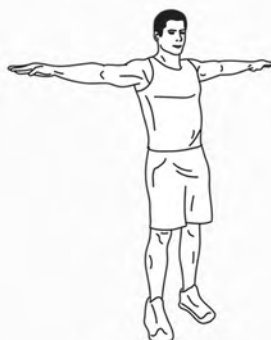
20sec hold



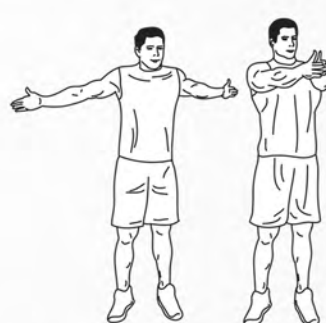
20sec raised arm circles



20sec hold



20sec hold



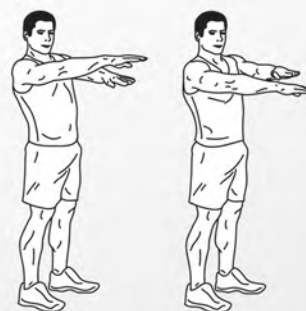
20sec chest expansions



20sec hold



20sec hold



20sec arm scissors

man down

DAREBEE WORKOUT @ darebee.com

3 sets | up to 2 minutes rest between sets



10 knee rolls



10 bridges



10-count stretch & hold



10 reverse flutter kicks



10-count stretch & hold

micro *break*



by DAREBEE © darebee.com

10-count chest squeeze

4 elbow clicks

10-count chest squeeze

4 elbow clicks

10-count chest squeeze

4 elbow clicks

10-count chest squeeze

4 elbow clicks

done



morning

stretch

by DAREBEE

@ darebee.com

30 seconds each



shoulder stretch #1



shoulder stretch #2



upper back stretch



core stretch



hamstring stretch



glute stretch



quad stretch



calf raise hold

YOU'VE GOT TO

MOVE IT MOVE IT'

WORKOUT
BY DAREBEE

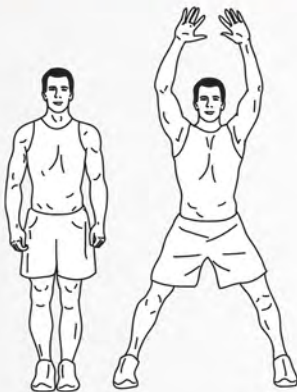
@ darebee.com

Level I 3 sets

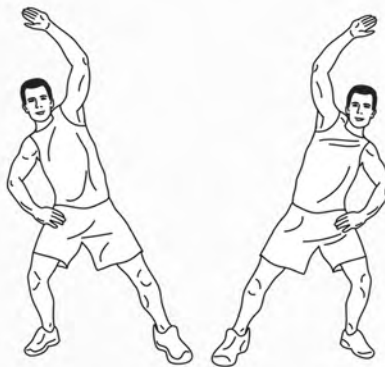
Level II 5 sets

Level III 7 sets

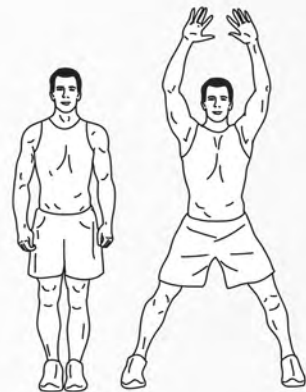
2 minutes rest



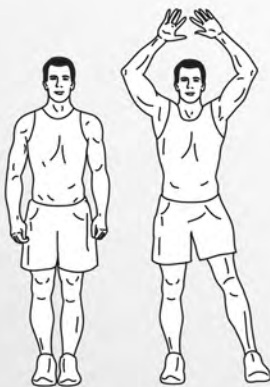
10 jumping jacks



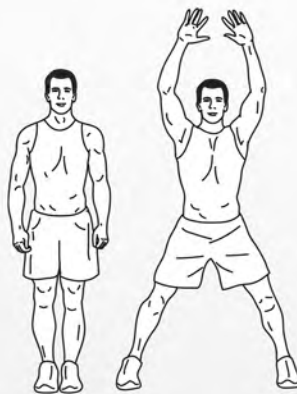
10 side jacks



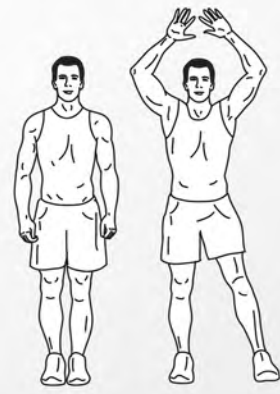
10 jumping jacks



10 step jacks



10 jumping jacks

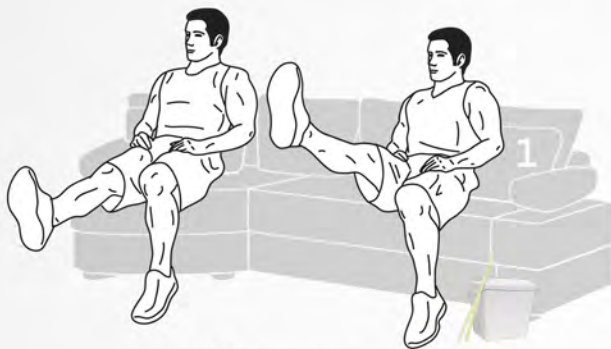


10 step jacks

movie night

DAREBEE WORKOUT @ darebee.com

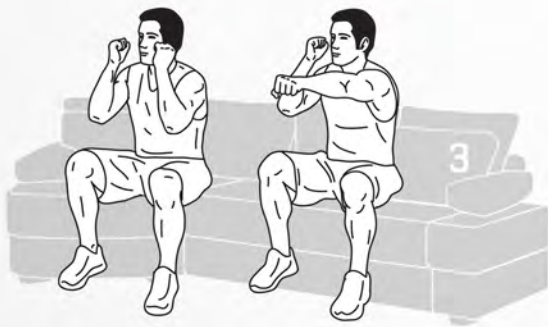
Repeat 3 times | up to 2 minutes rest between sets
or every 20 minutes during a movie



10 leg swings



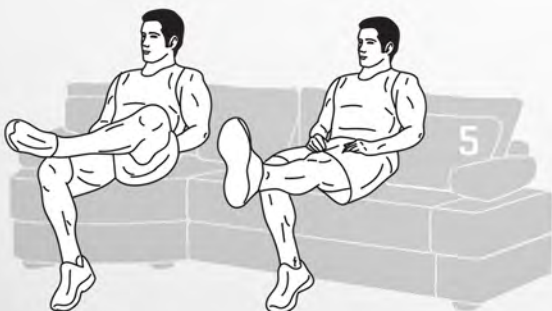
10 front snap kicks



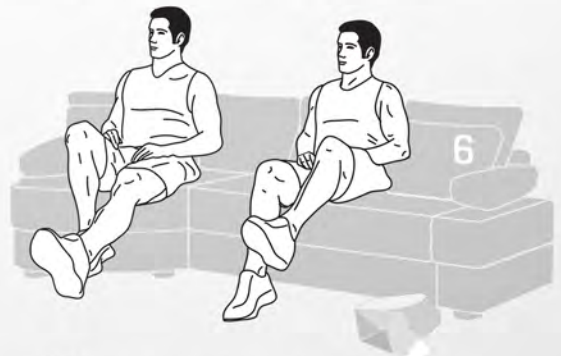
20 punches



20 overhead punches



10 knee taps

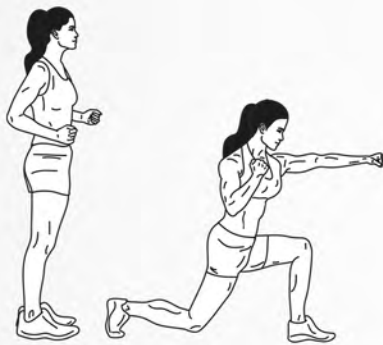


10 air bike crunches

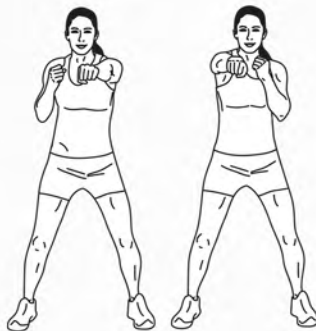
MOXIE

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



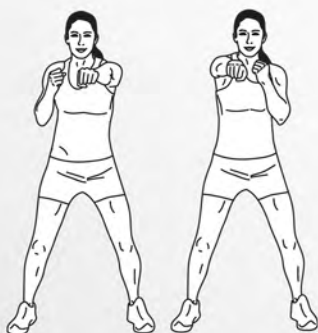
10 lunge punches



10 punches



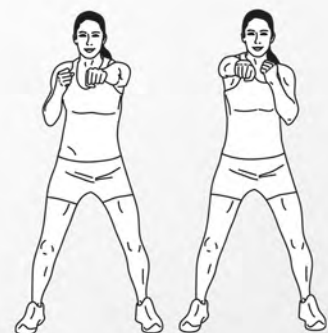
10 knee to elbows



10 punches



10 squat hold side bends

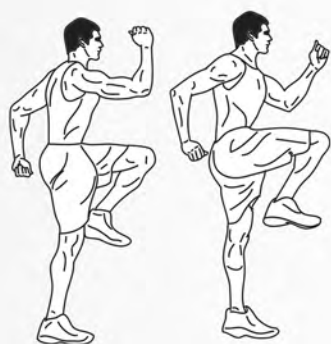


10 punches

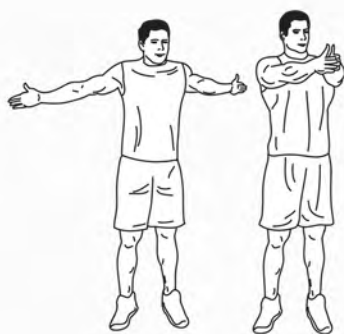
Mr Grumpy

DAREBEE WORKOUT @ darebee.com

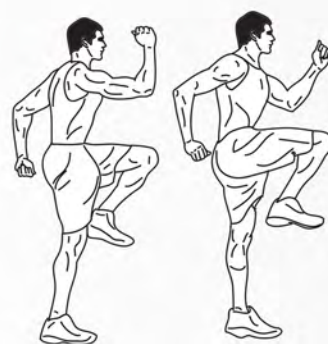
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



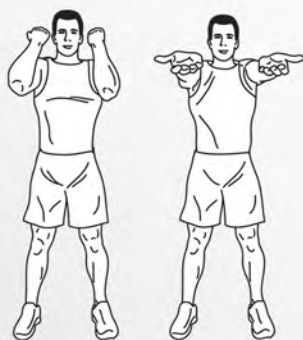
20 march steps



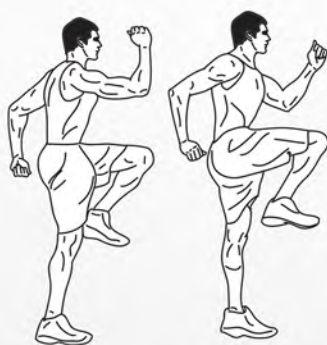
20 chest expansions



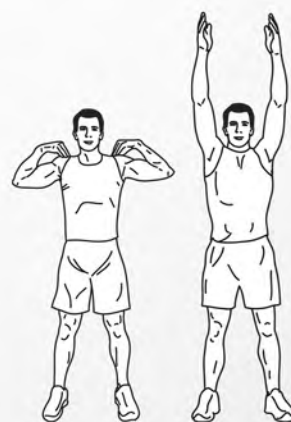
20 march steps



20 bicep extensions



20 march steps



20 shoulder taps

MY TIME IS NOW

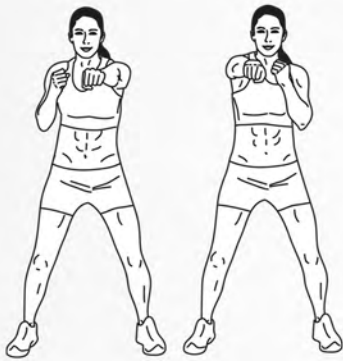
DAREBEE WORKOUT
@ darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

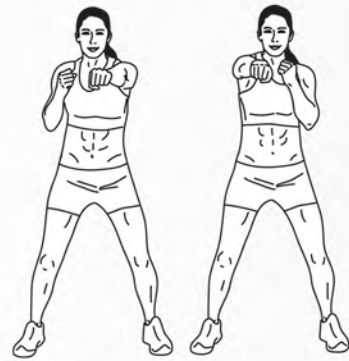
2 minutes rest



20 punches



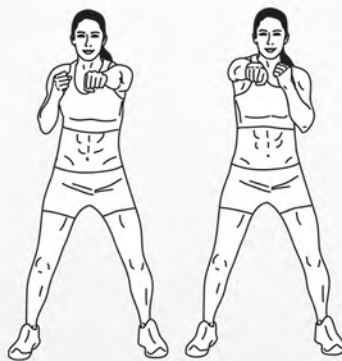
6 squats



20 punches



6 lunges



20 punches



6 reverse lunges

neck & shoulders

DAREBEE WORKOUT © darebee.com

20 seconds each exercise.



shoulder rotations



side shoulder stretch



cross shoulder stretch



tricep stretch



overhead shoulder stretch

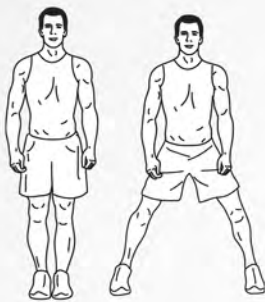


up and down neck stretch

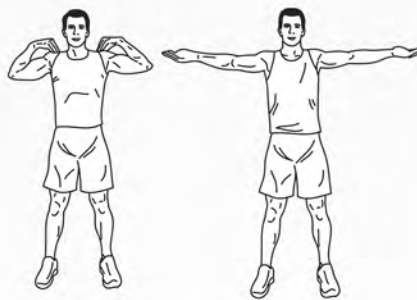
No-Nonsense

DAREBEE WORKOUT @ darebee.com

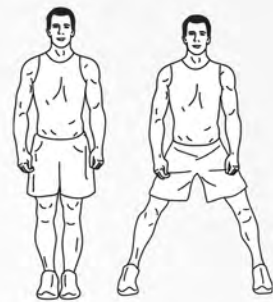
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



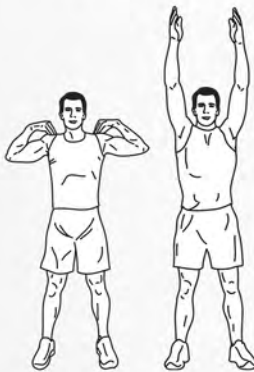
10 half jacks



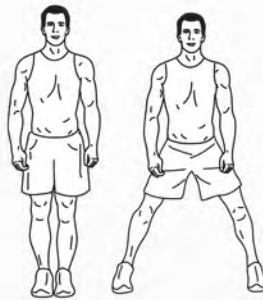
10 side shoulder taps



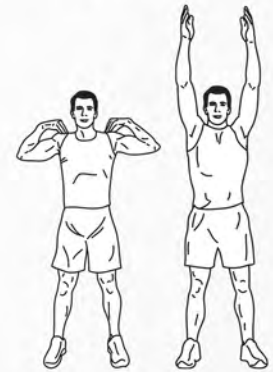
10 half jacks



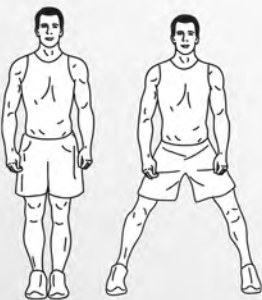
10 shoulder taps



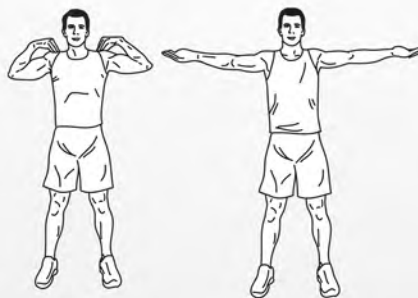
10 half jacks



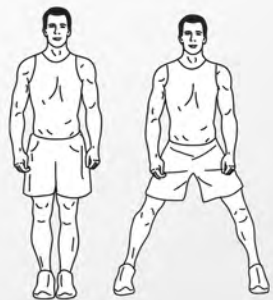
10 shoulder taps



10 half jacks



10 side shoulder taps



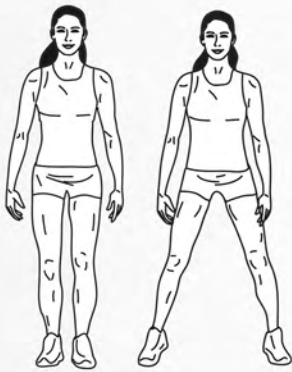
10 half jacks

no regrets

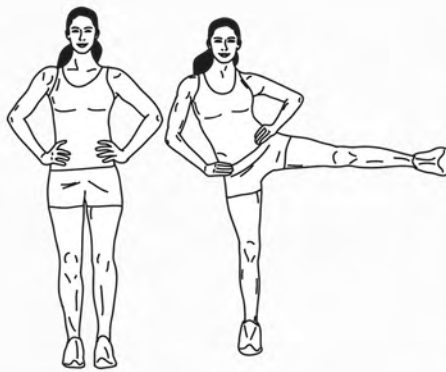
WORKOUT

BY DAREBEE @ darebee.com

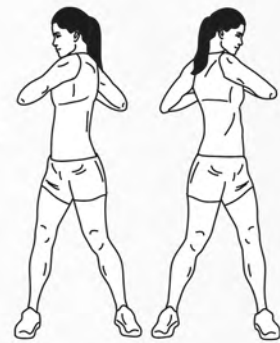
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 half jacks



20 side leg raises



10 torso twists



10 goblet squats

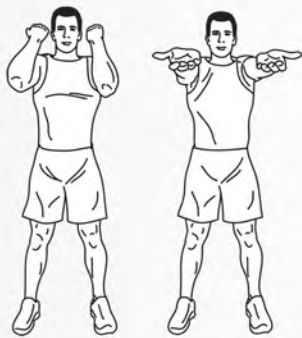


20 squat hold punches

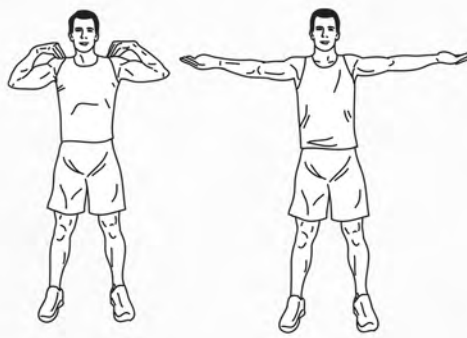
NO WRONG ANSWERS

DAREBEE WORKOUT @ darebee.com

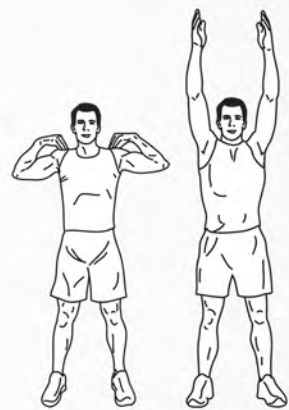
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



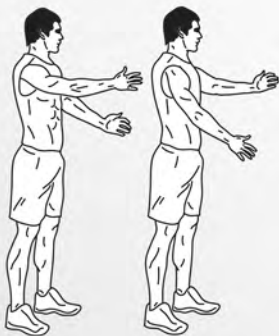
10 bicep extensions



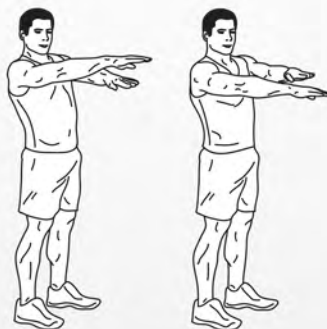
10 side shoulder taps



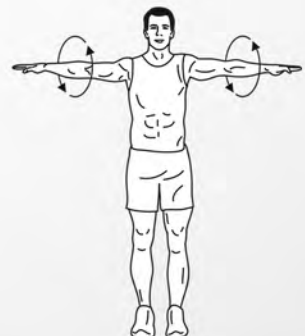
10 shoulder taps



10 scissor chops



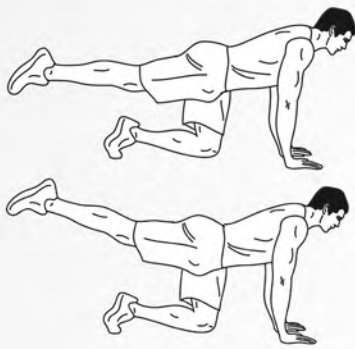
10 arm scissors



10 arm circles

OFF DAY

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40 leg swings
switch sides and repeat



40 side leg raises
switch sides and repeat



10 bridges x **4 sets**
30 seconds rest



10 flutter kicks x **4 sets**
30 seconds rest



10 dead bugs x **4 sets**
30 seconds rest



10 reverse angels x **4 sets**
30 seconds rest

office yoga

DAREBEE WORKOUT

@ darebee.com

Hold each pose
for 20 seconds.



cat stretch



lower back stretch



crescent pose



chair twist



upward salute



forward bend

ONCE UPON A TIME

DAREBEE WORKOUT

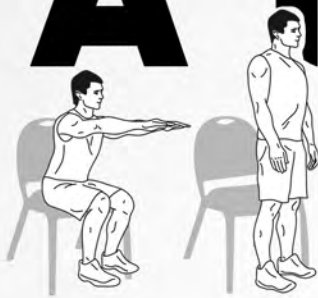
@ darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

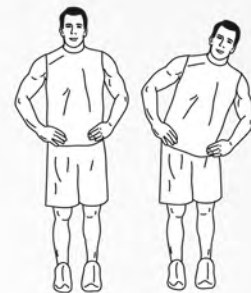
REST up to 2 minutes



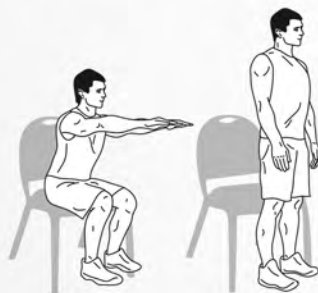
4 sit to stand



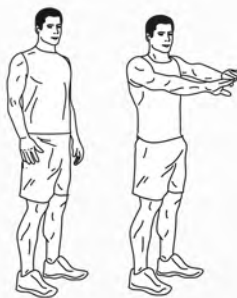
10 hip rotations



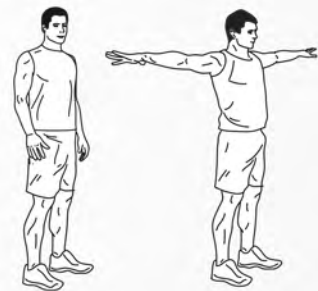
10 side bends



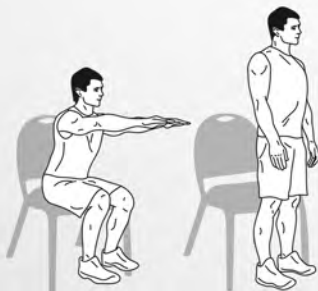
4 sit to stand



10 arm raises



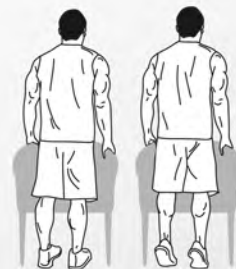
10 side arm raises



4 sit to stand



10 leg raises



10 calf raises

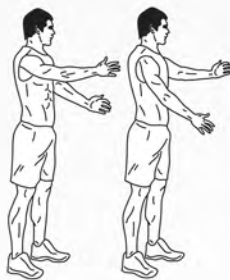
ONE ANGRY BIRD

DAREBEE WORKOUT @ darebee.com

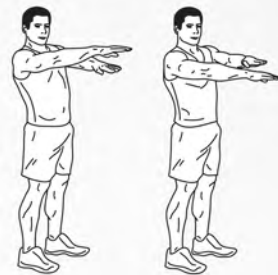
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



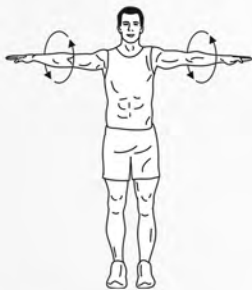
10 arm circles



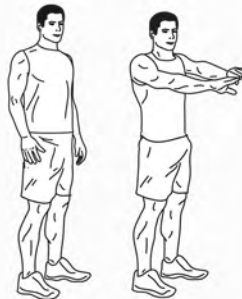
10 scissor chops



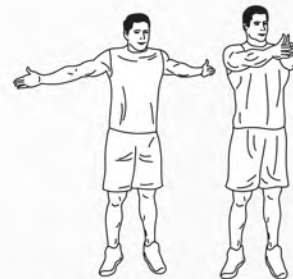
10 arm scissors



10 arm circles



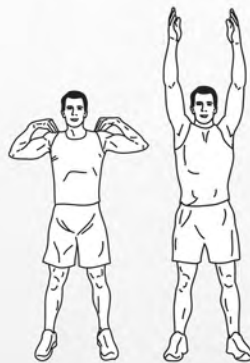
10 arm raises



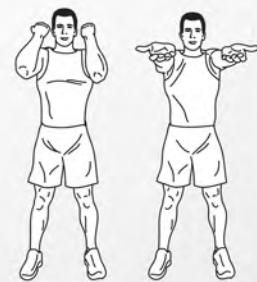
10 chest expansions



10 arm circles



10 shoulder taps



10 bicep extensions

ONE MORE SHOT

DAREBEE
WORKOUT

@ darebee.com

LEVEL I 3 sets

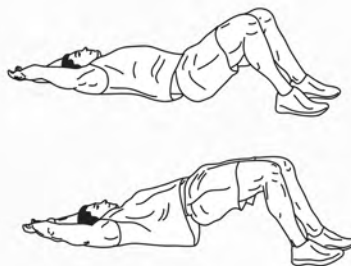
LEVEL II 5 sets

LEVEL III 7 sets

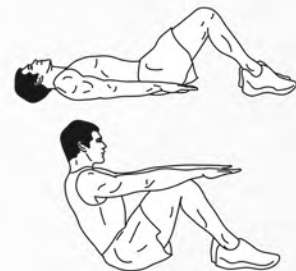
REST up to 2 minutes



10 lunges



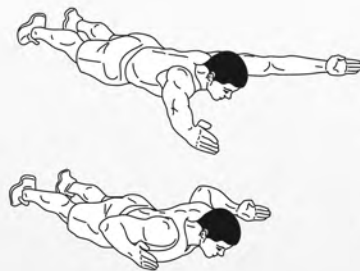
10 bridges



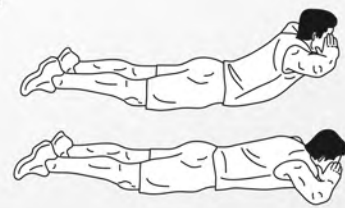
5 sit-ups



10 heel taps



10 W-extensions



5 back extensions

origami

yoga

DAREBEE WORKOUT

© darebee.com

Hold each pose
for 20 seconds.



chest expansion



knee-over-knee reach



seated torso twist



foot over knee reach



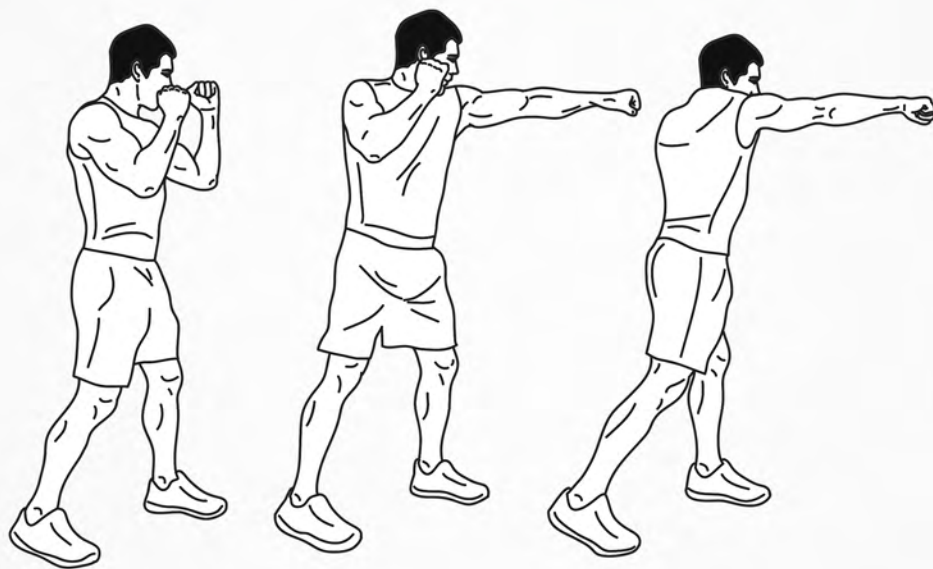
foot over knee fold



quad stretch

PACK A PUNCH

DAREBEE **HIIT** WORKOUT @ darebee.com



3min punches

30sec rest

3min punches

30sec rest

3min punches

done

IT'S PARTY TIME

DAREBEE
WORKOUT

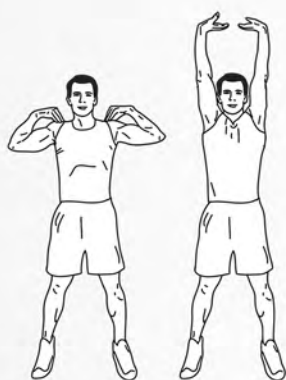
© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

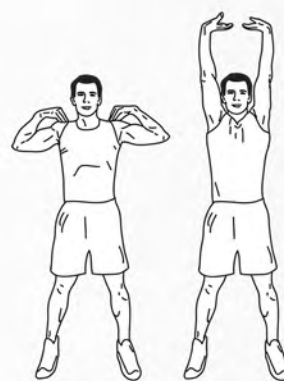
REST up to 2 minutes



20 shoulder taps



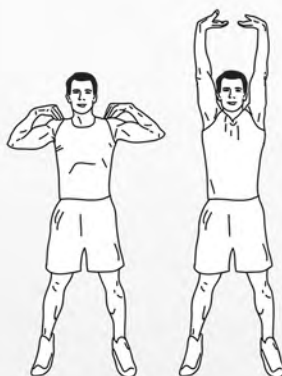
10 side jacks



20 shoulder taps



10 knee-to-elbows



20 shoulder taps



10 knee-to-elbows

PIECE OF CAKE

DAREBEE
WORKOUT

@ darebee.com

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest



40 side leg raises



10 flutter kicks



10 bridges



10 flutter kicks



10 knee rolls

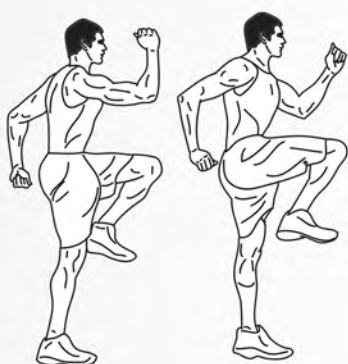


10 flutter kicks

PORTER

DAREBEE WORKOUT @ darebee.com

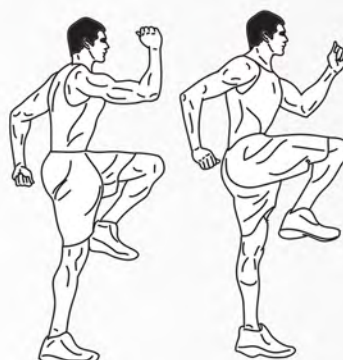
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



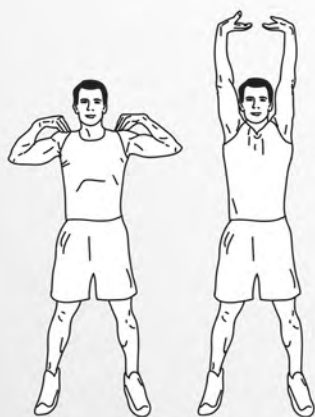
20 march steps



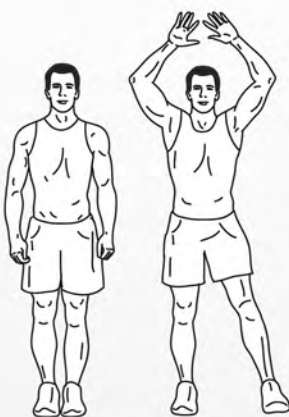
10 calf raises



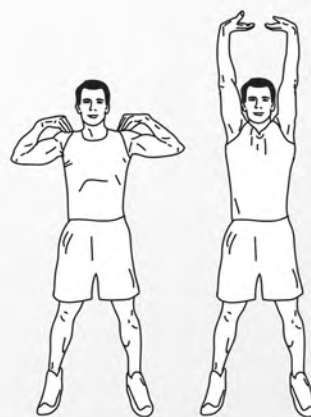
20 march steps



20 standing shoulder taps



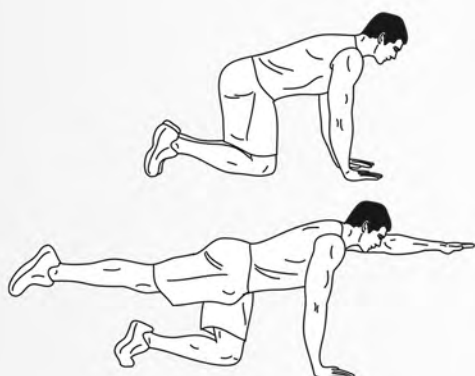
10 step jacks



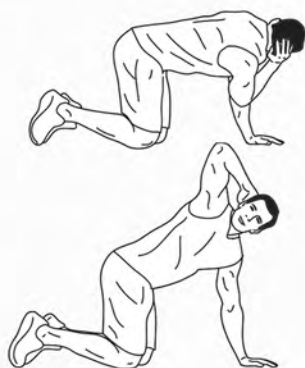
20 standing shoulder taps

POSTURE PERFECT

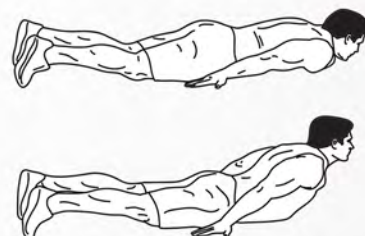
DAREBEE WORKOUT @ darebee.com
repeat 3 times | up to 2 minutes rest in between



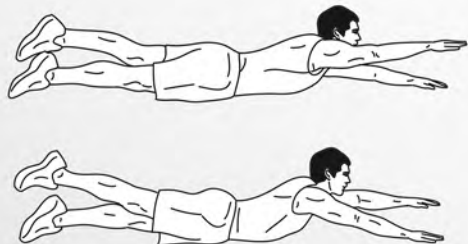
10 alt arm & leg raises



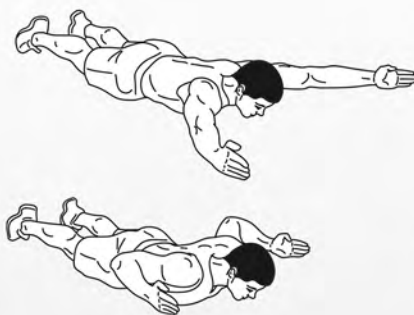
10 plank back rotations



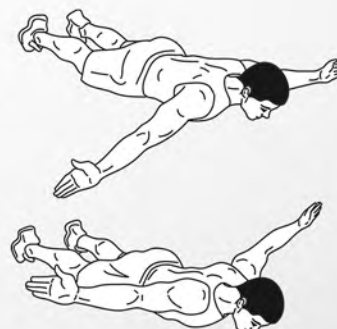
10 prone extensions



10 swimmers



10 W-extensions

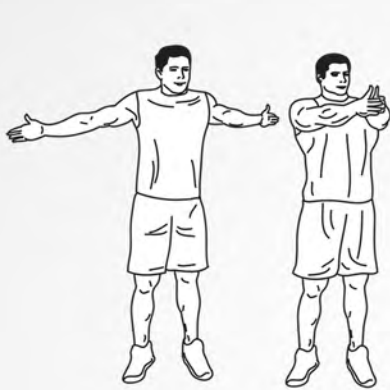


10 prone reverse fly

POSTURE

DAREBEE WORKOUT @ darebee.com

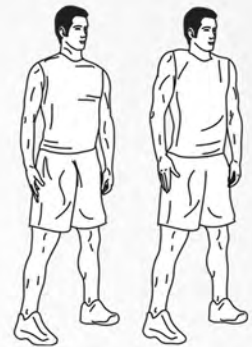
20 seconds each



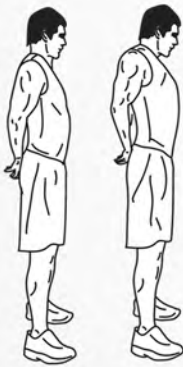
dynamic chest



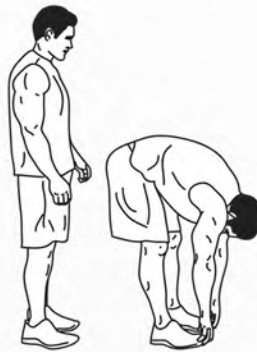
shoulder stretch #1



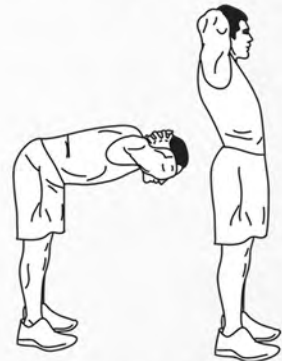
shoulder stretch #2



shoulder stretch #3



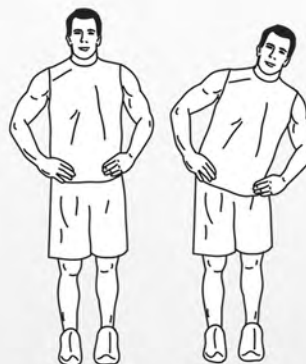
toe touches



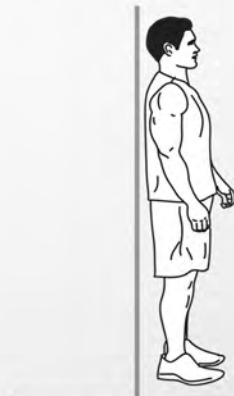
forward bends



mid back turns



side bends



wall stand

POWER HOLD WORKOUT

by DAREBEE

@ darebee.com

hold each one
for 60 seconds

chair edition



arms extended forward



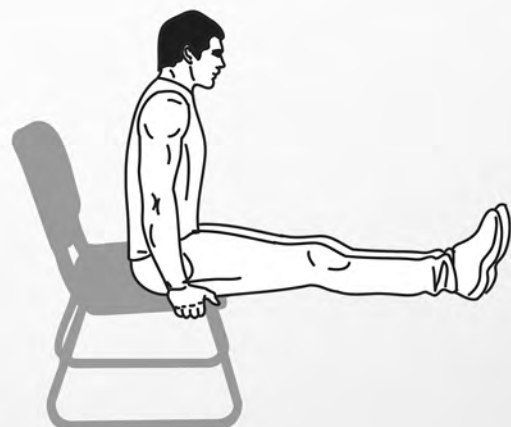
arms extended to sides



arms extended overhead



tricep dip hold



extended raised legs

Power Squat

DAREBEE WORKOUT © darebee.com



5 squats

5 calf raises

5 squats

5 calf raises

5 squats

5 calf raises

5 squats

5 calf raises

5 squats

5 calf raises

done



pressure points

DAREBEE WORKOUT © darebee.com

Repeat each one for 10 seconds.



thenar press



palm rub



thumb root press



bottom
index finger press



top
little finger press



top
thumb press

PROTAGONIST

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



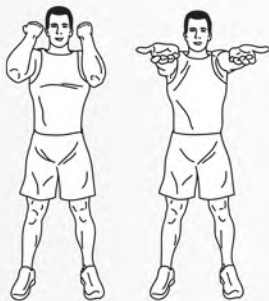
10 squats



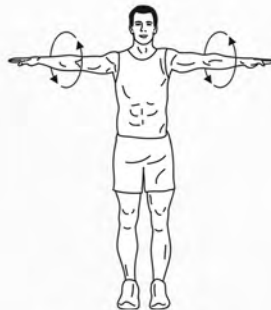
5-count squat hold



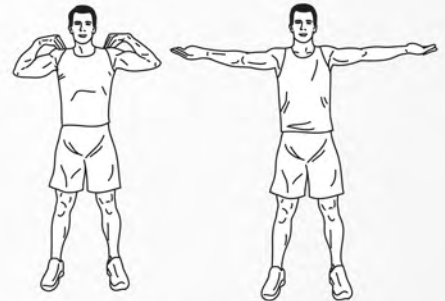
10 side lunges



10 bicep extensions



10 arm circles



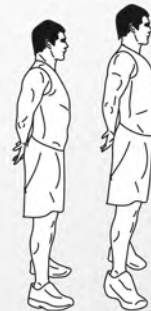
10 side shoulder taps



10 side leg raises



5 hip rotations



10 calf raises

rainmaker

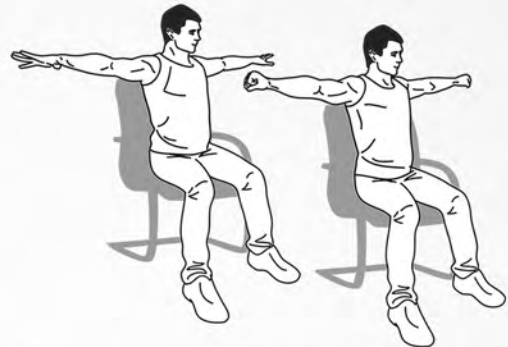
DAREBEE **OFFICE** WORKOUT @ darebee.com



20 side circles



10-count hold



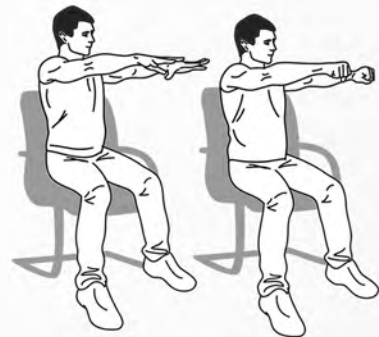
20 side clenches



20 forward circles



10-count hold



20 forward clenches



20 overhead circles



10-count hold

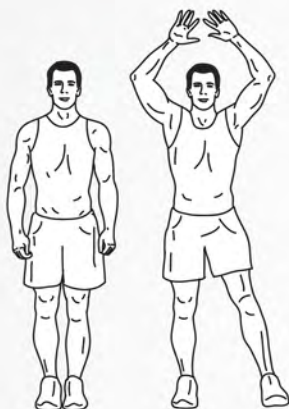


20 overhead clenches

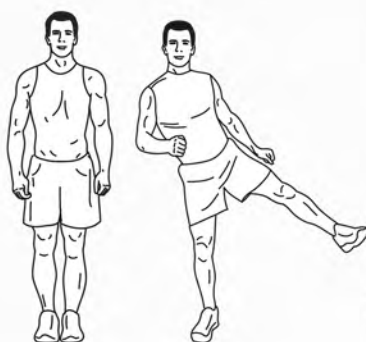
KEEPING IT **REAL**

WORKOUT by DAREBEE @ darebee.com

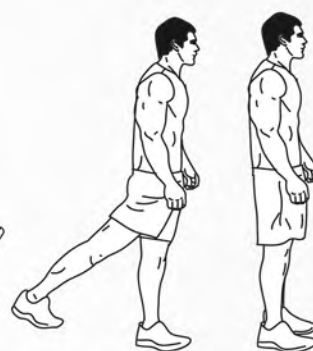
30 seconds rest between sets | No rest between exercises



10 step jacks
x 3 sets in total



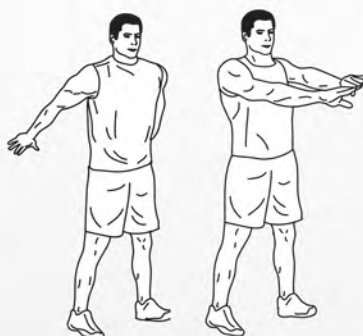
20 side leg raises
x 3 sets in total



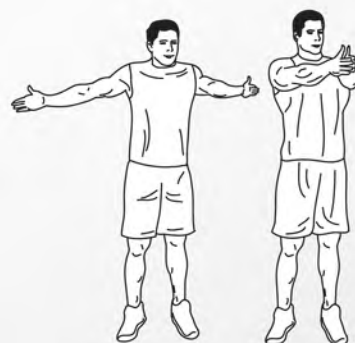
20 back leg raises
x 3 sets in total



10 calf raises
x 3 sets in total



20 arm raises
x 3 sets in total



20 chest expansions
x 3 sets in total

RECOVERY WORKOUT

BY DAREBEE © darebee.com



30 low side leg raises (right)

6 hip rotations (right)

30 low side leg raises (left)

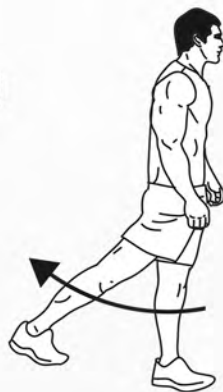
6 hip rotations (left)

30 straight leg back swings (right leg)

6 hip rotations (right)

30 straight leg back swings (left leg)

6 hip rotations (left)



6 back and forth tilts

6 side-to-side tilts

6 neck rotations (3/3)

Refresh

DAREBEE WORKOUT @ darebee.com



5 chest expansions

5 calf raises

10 chest expansions

10 calf raises

20 chest expansions

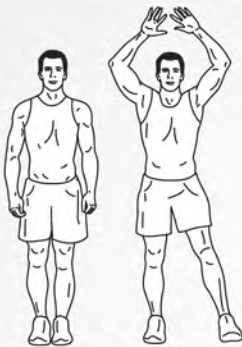
20 calf raises

done

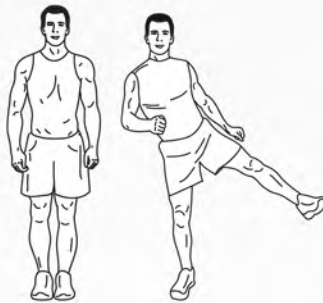
REGENERATOR

DAREBEE WORKOUT @ darebee.com

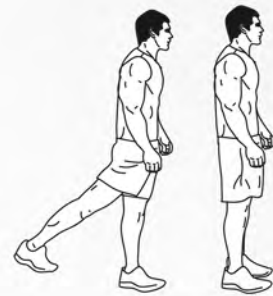
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



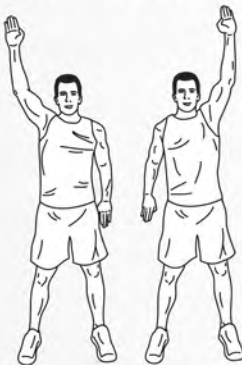
10 step jacks



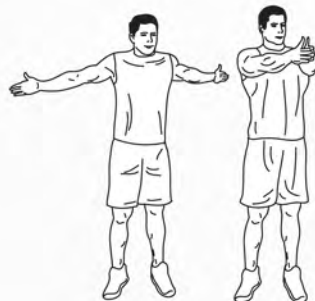
10 side leg raises



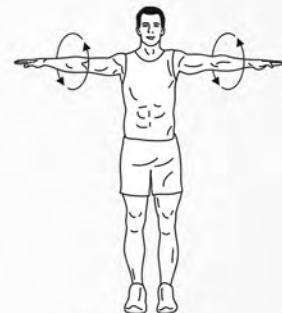
10 backward leg raises



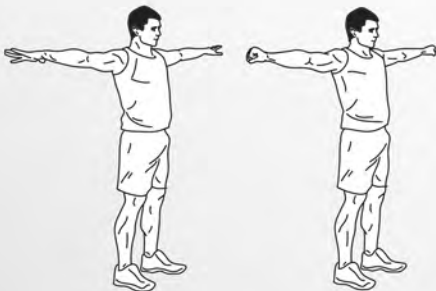
10 alt chest expansions



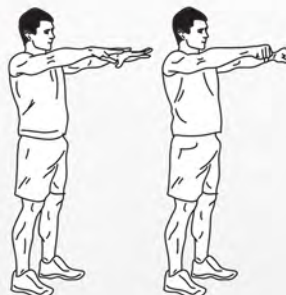
10 chest expansions



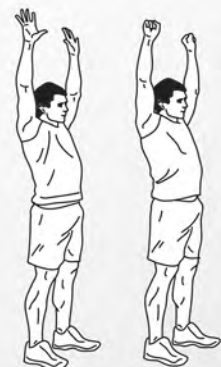
10 arm circles



10 clench / unclench
arms to sides



10 clench / unclench
arms forward

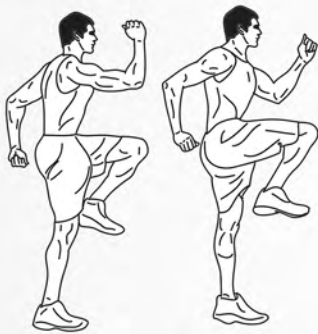


10 clench / unclench
arms overhead

RE-GEN

DAREBEE WORKOUT @ darebee.com

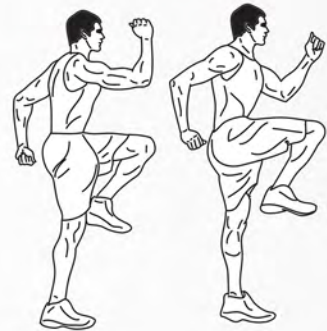
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



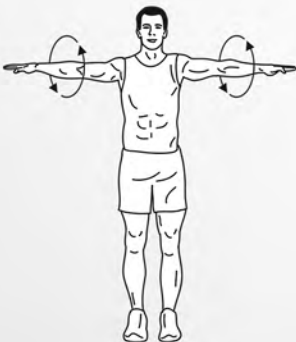
20 march steps



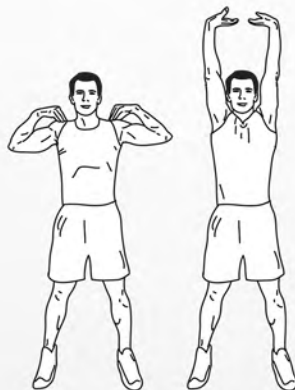
4 reverse lunges



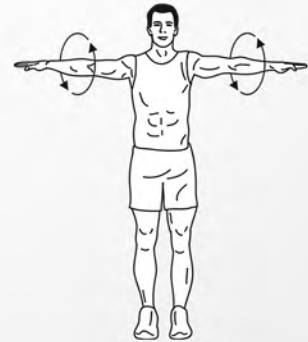
20 march steps



20 raised arm circles



20 shoulder taps



20 raised arm circles

Reset Stretch

DAREBEE WORKOUT @ darebee.com

20 seconds each exercise.



chest squeeze



tricep stretch



wrist stretch



back arch



tricep stretch (both arms)



overhead shoulder stretch

REST & REC

DAREBEE
RECOVERY
WORKOUT

© darebee.com



20 knee-ins



10 back stretch #1



10 back stretch #2



20 knee rolls



10 butterfly stretch



10 forward fold

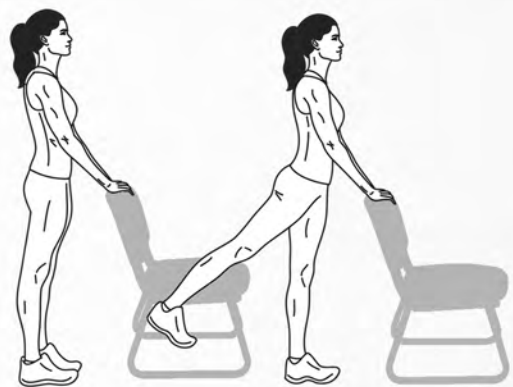
REST & REPAIR

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20 side leg raises



20 backward leg raises



10 glute flex



10 half wipers

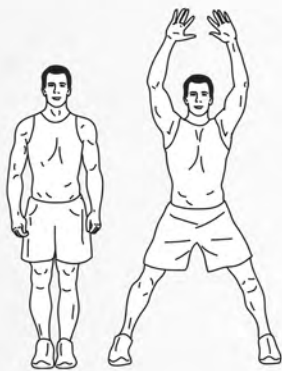


10 clamshells

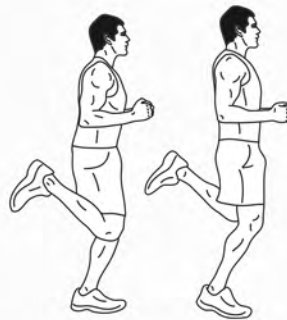
RIGHT PLACE, RIGHT TIME

DAREBEE WORKOUT @ darebee.com

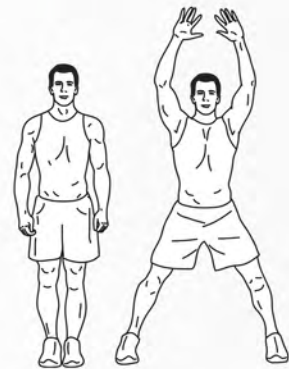
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



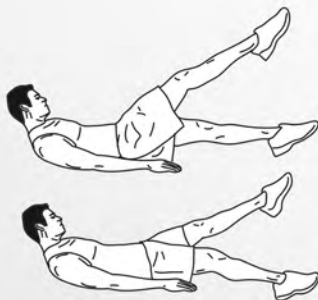
12 jumping jacks



12 butt kicks



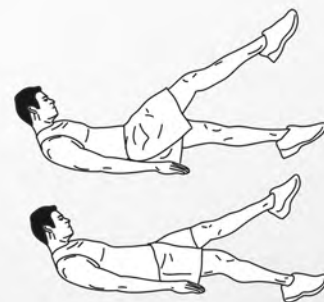
12 jumping jacks



12 flutter kicks



12 sitting twists



12 flutter kicks

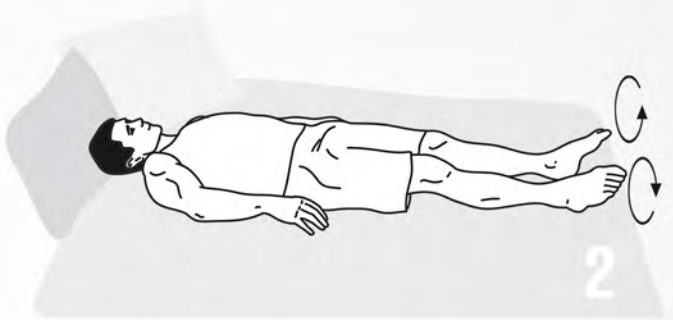
the **right** side

DAREBEE

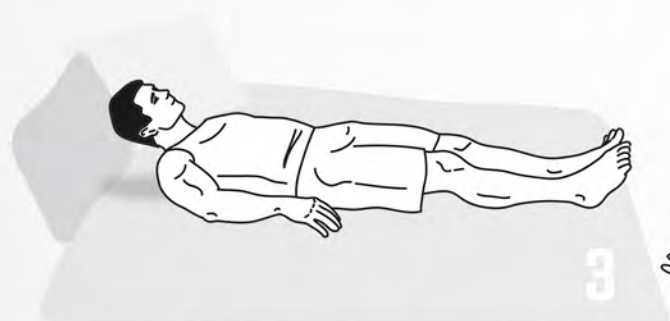
2-MINUTE BED WORKOUT @ darebee.com



20sec "good morning" stretch



20sec in & out feet rotations



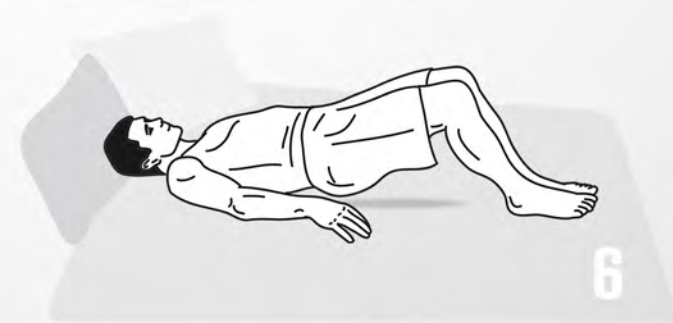
20sec slow head raises



20sec slow side-to-side twists



20sec knee-in pulse stretch



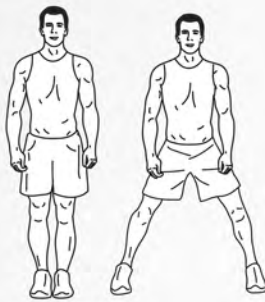
20sec bridge stretches

Rocking Around

DAREBEE WORKOUT

@ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



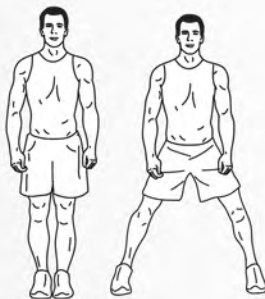
10 half jacks



2 hop heel clicks



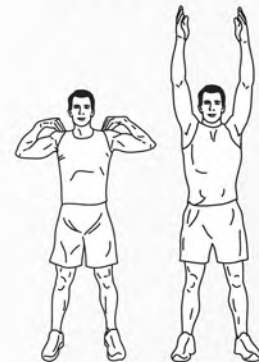
2 squats



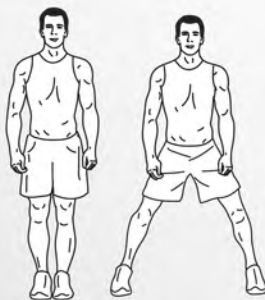
10 half jacks



2 hop heel clicks



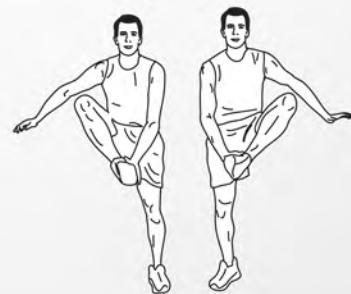
10 shoulder taps



10 half jacks



2 hop heel clicks

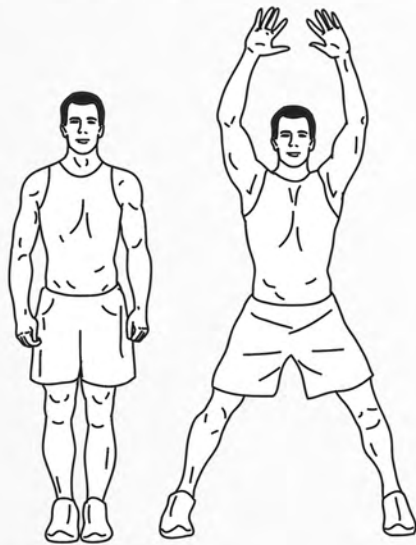


2 hop heel taps

ROLLER COASTER

WORKOUT by DAREBEE @ darebee.com

3 sets | 2 minutes rest in between sets



10 jumping jacks

one squat

10 jumping jacks

one squat

10 jumping jacks

one squat

10 jumping jacks

one squat

10 jumping jacks

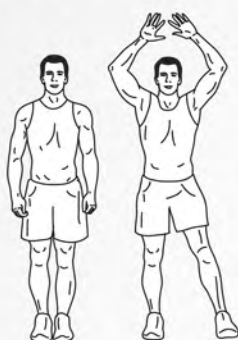
one squat



ROOKIE

DAREBEE WORKOUT @ darebee.com

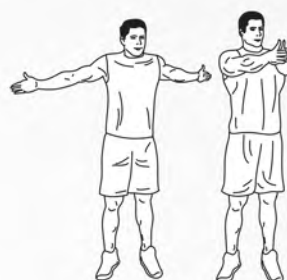
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



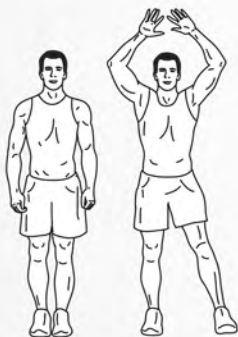
10 step jacks



4 lunges



10 chest expansions



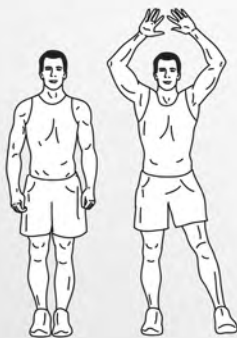
10 step jacks



4 lunges



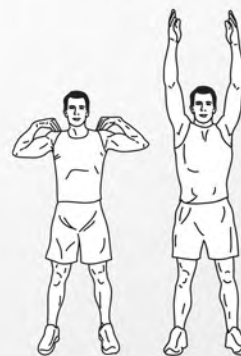
10 raised arm circles



10 step jacks



4 lunges

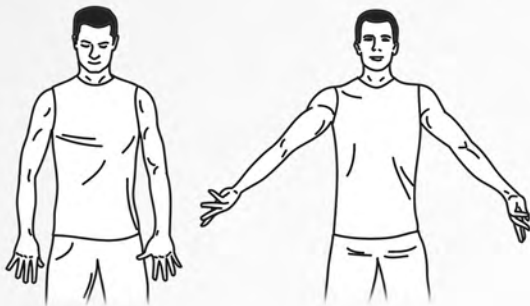


10 shoulder taps

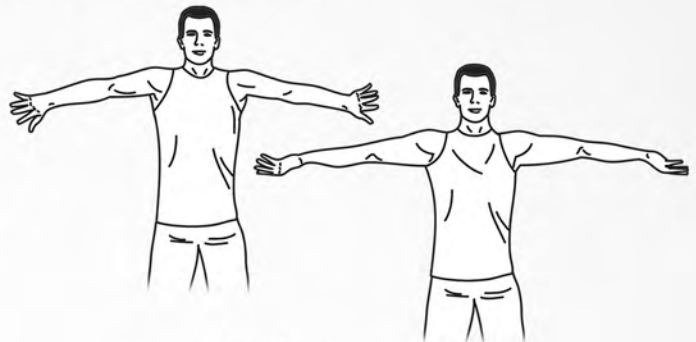
Rotator Cuff

DAREBEE REHAB WORKOUT @ darebee.com

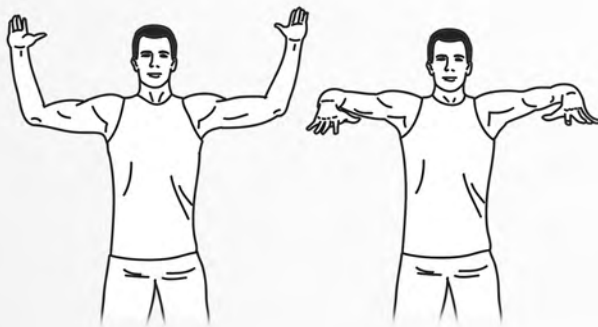
20 seconds each exercise.



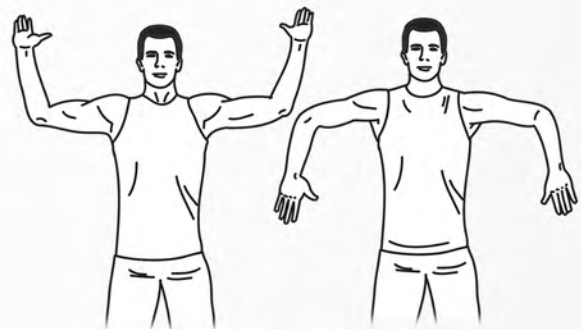
arm twists



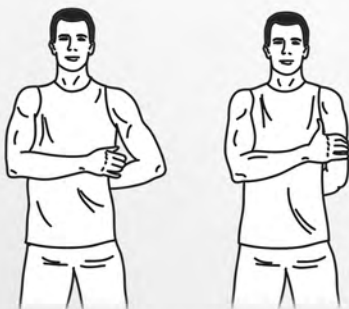
raised arms twists



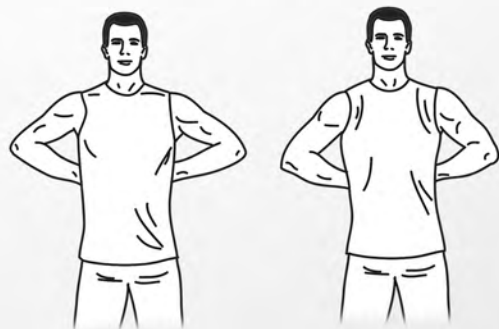
half bow



full bow



elbow to torso



elbows in

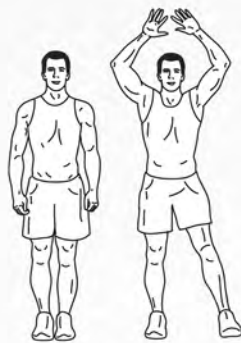
Roundabout

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



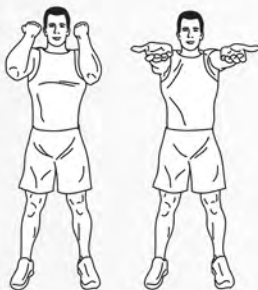
10 march steps



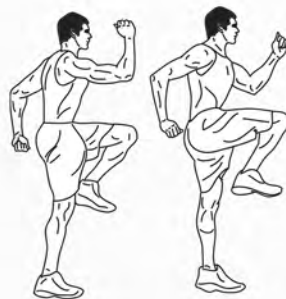
10 step jacks



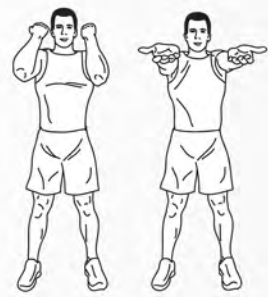
10 march steps



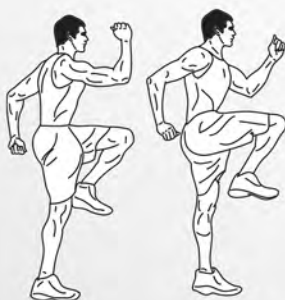
10 bicep extensions



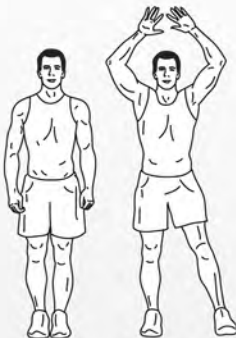
10 march steps



10 bicep extensions



10 march steps



10 step jacks



10 march steps

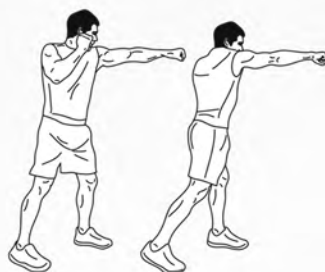
SAGE

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



5 squats



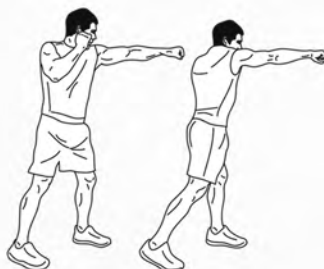
20 punches



10 single hip rotations



5 squats



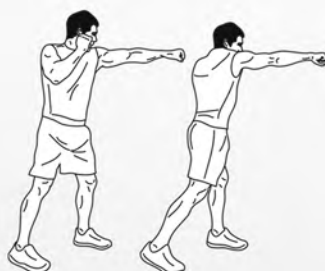
20 punches



5 calf raises



5 squats



20 punches

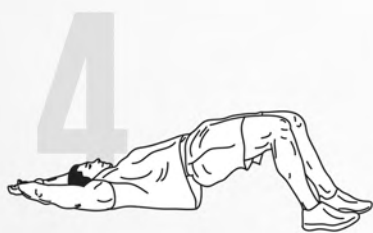


10-count squat hold

Sandman

DAREBEE WORKOUT @ darebee.com

Hold each stretch for 30 seconds then move on to the next one.



self-care

DAREBEE WORKOUT @ darebee.com

Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.

1



2



3



4



5



6



7



8



9



SERENITY

DAREBEE WORKOUT @ darebee.com

Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.



Setting Goals

WORKOUT
BY DAREBEE

@ darebee.com

Level I 3 sets

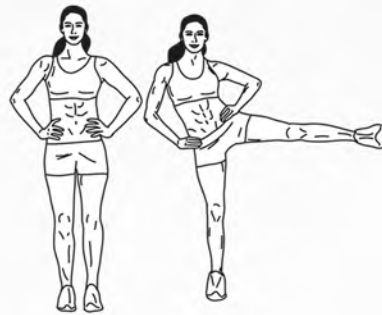
Level II 5 sets

Level III 7 sets

2 minutes rest



4 lunges



20 side leg raises



20 punches



4 lunges



4 knee-to-elbows



20 punches



4 lunges



20 back leg raises



20 punches

shoulders *stretch*

by DAREBEE @ darebee.com
20 seconds each exercise.



cross neck
stretch



shoulder
stretch



tricep
stretch



tricep
stretch #2



shoulders up
stretch



shoulder
& back stretch



behind back
lock stretch

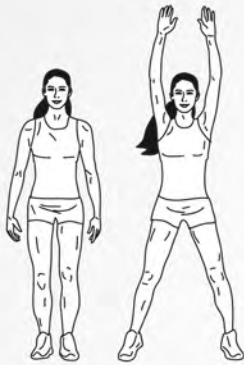


lock side pull
stretch

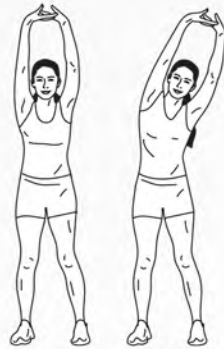
SHOW TIME

DAREBEE WORKOUT @ darebee.com

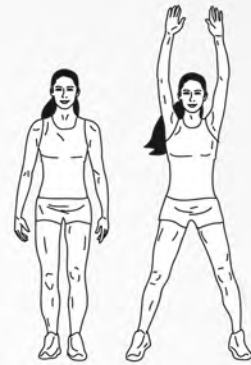
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



10 side bends



10 jumping jacks



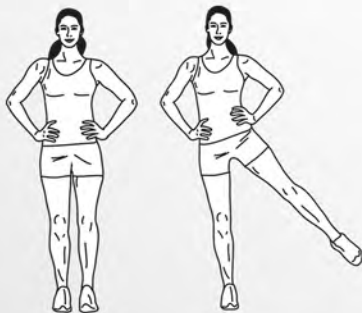
10 knee-to-elbows



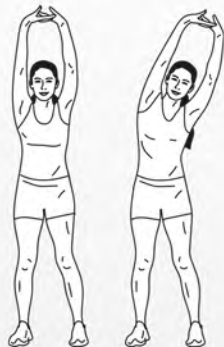
10 side bends



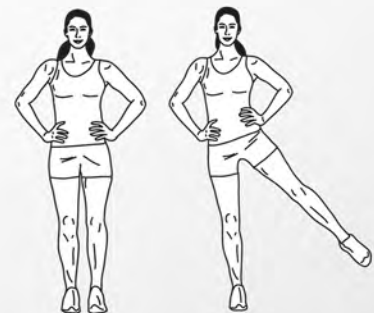
10 knee-to-elbows



10 side leg raises



10 side bends

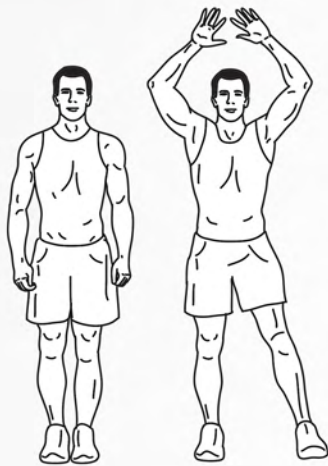


10 side leg raises

SILVER

DAREBEE **HIIT** WORKOUT @ darebee.com

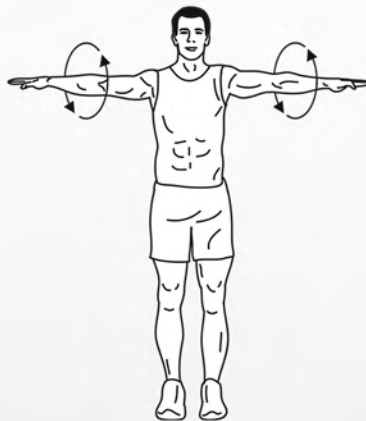
Level I 3 sets **Level II** 5 sets **Level III** 7 sets | 2 minutes rest



20sec step jacks



20sec step side jacks



20sec arm circles

sitting **fix**

DAREBEE WORKOUT @ darebee.com

20 seconds each exercise.



scapula stretch



shoulder stretch



corner chest stretch



quad stretch



hamstring stretch

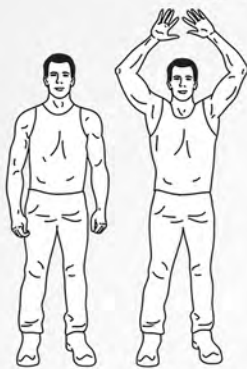


hip flexor stretch

Slow Burn

DAREBEE WORKOUT @ darebee.com

repeat 3 times with 2 minutes rest in between



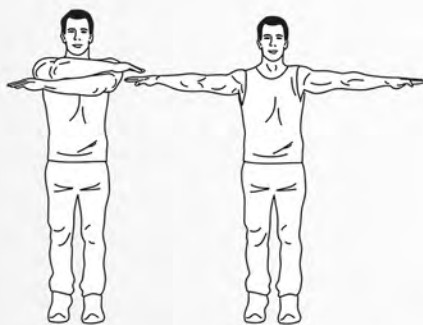
10 arm raises



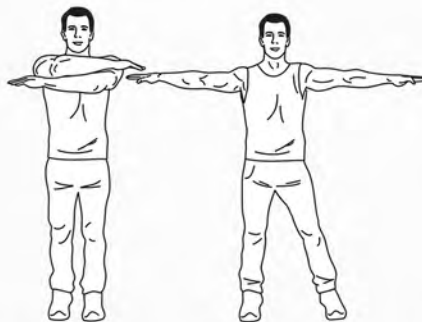
10 step jacks



20 side leg raises



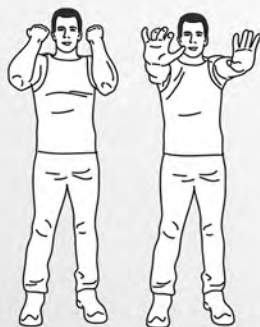
10 chest extensions



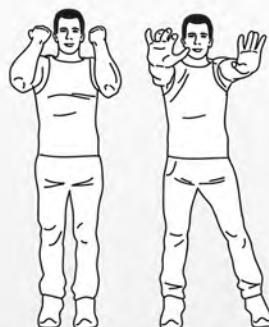
10 step chest extensions



20 side leg raises



10 bicep extensions



10 step bicep extensions



20 side leg raises

SNAP OUT OF IT

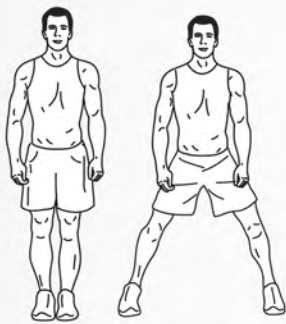
DAREBEE WORKOUT
© darebee.com

Level I 3 sets

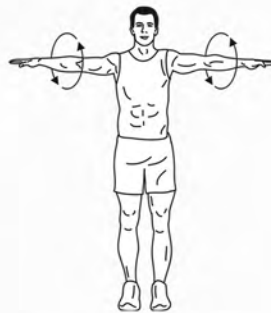
Level II 5 sets

Level III 7 sets

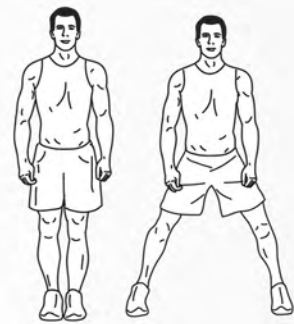
2 minutes rest



10 half jacks



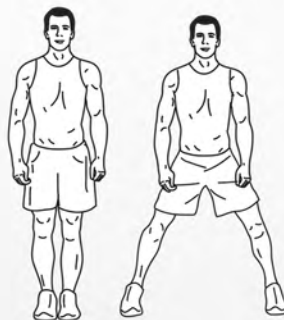
20 raised arm circles



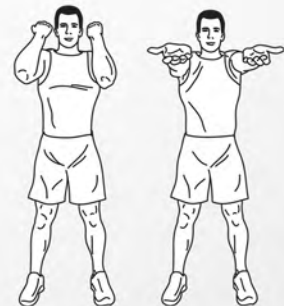
10 half jacks



20 shoulder taps



10 half jacks



20 bicep extensions

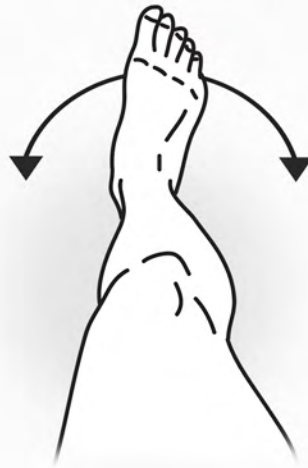
sore **feet**

DAREBEE WORKOUT © darebee.com

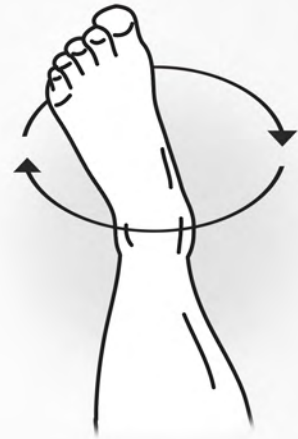
20 seconds each exercise.



up and down tilts



side-to-side tilts



rotations



calf raises



toe curls



side tilts

sore muscles stretch

by DAREBEE
@ darebee.com

30 seconds each exercise
15 seconds per side



sore **neck**

DAREBEE WORKOUT @ darebee.com

20 seconds each exercise.



side-to-side turns



up & down nods



side-to-side tilts



head back



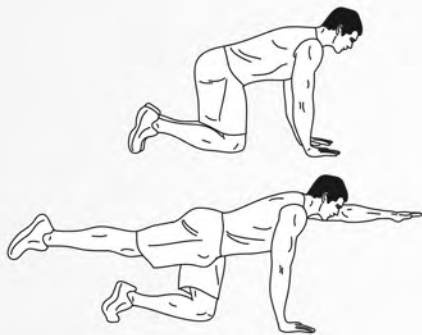
side stretch
(resistance)



forward stretch
(resistance)

spine mobility

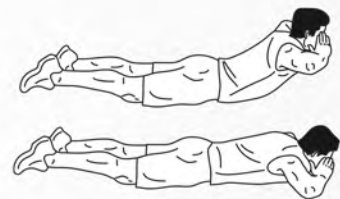
DAREBEE WORKOUT @ darebee.com



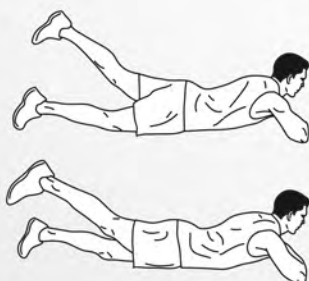
10 alt arm/ leg extensions
3 sets in total
30 sec rest in between



10 back arches
3 sets in total
30 sec rest in between



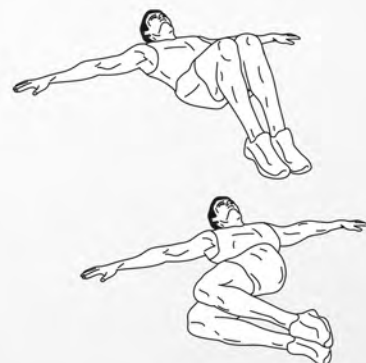
10 back extensions
3 sets in total
30 sec rest in between



10 reverse flutter kicks
3 sets in total
30 sec rest in between



10-count knee hug stretch
3 sets in total
30 sec rest in between

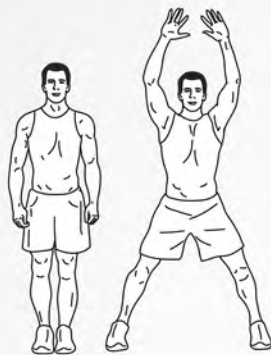


10 knee rolls
3 sets in total
30 sec rest in between

SQUARE ONE

DAREBEE WORKOUT @ darebee.com

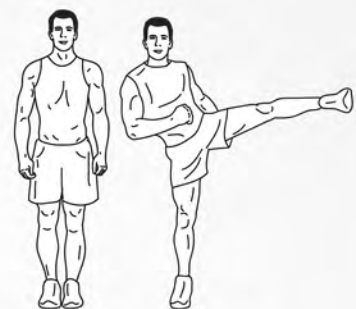
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



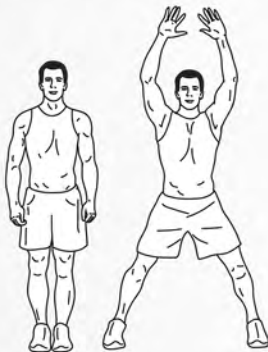
10 jumping jacks



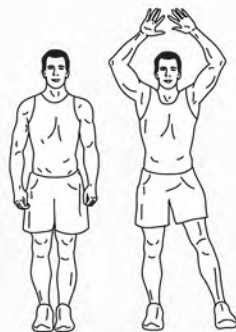
10 march twists



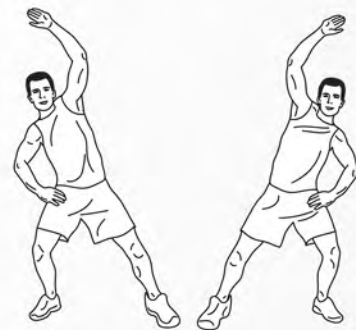
10 side leg raises



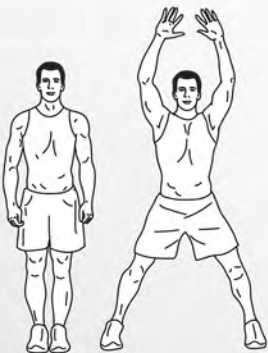
10 jumping jacks



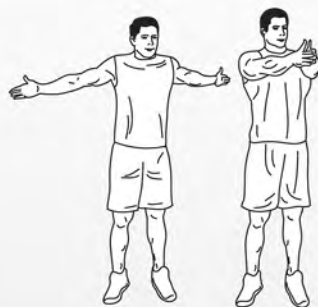
10 step jacks



10 side jacks



10 jumping jacks



10 chest expansions

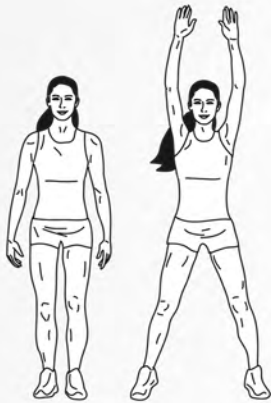


10 raised arm circles

STAND TALL

DAREBEE WORKOUT @ darebee.com

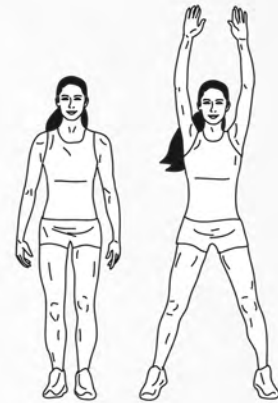
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



10 jumping jacks



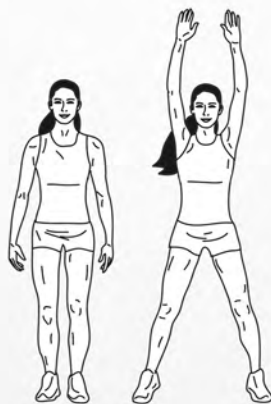
10 squat step back



10 jumping jacks



10 lunge step-ups



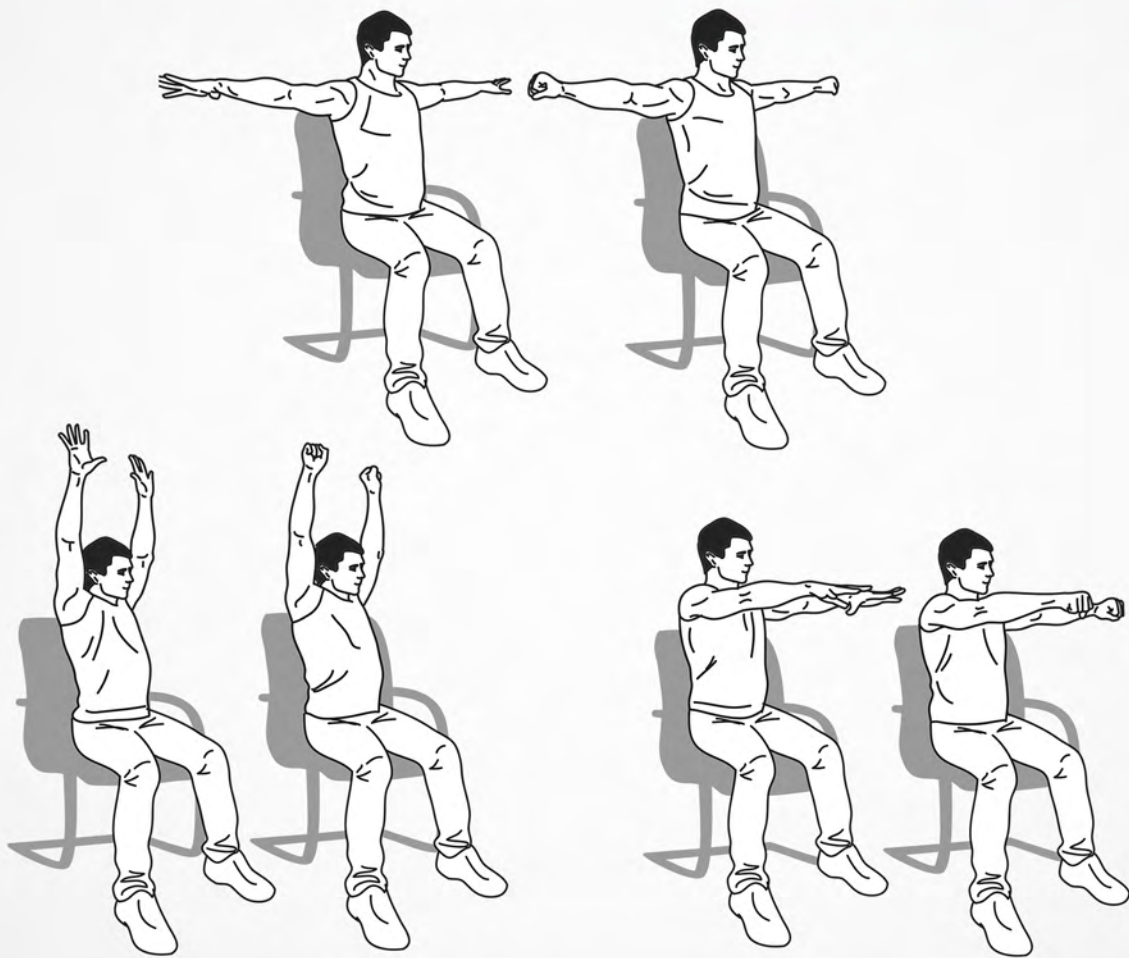
10 jumping jacks



10 butt kicks

STAPLER

DAREBEE **OFFICE** WORKOUT @ darebee.com



20 arms to the side clench / unclench

20 arms overhead clench / unclench

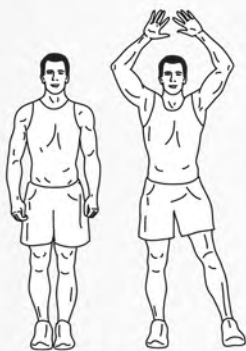
20 arms to the front clench / unclench

rest & repeat

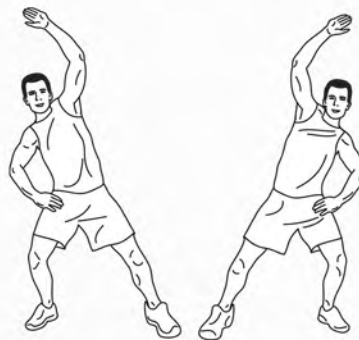
STARTING POINT

DAREBEE WORKOUT © darebee.com

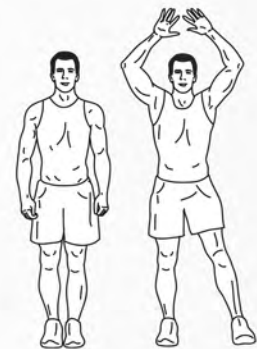
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



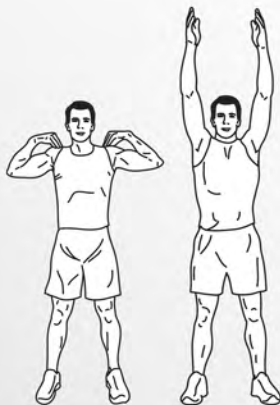
10 step jacks



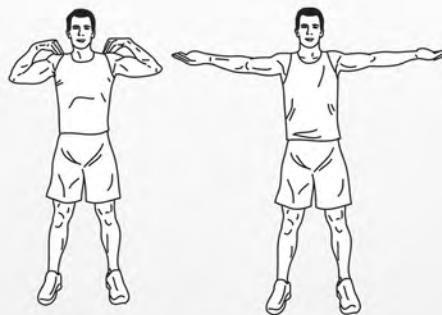
10 side jacks



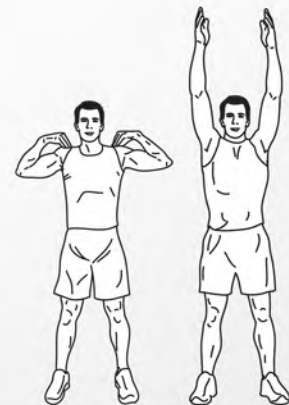
10 step jacks



10 shoulder taps



10 side shoulder taps



10 shoulder taps

JUST TRYING TO **STAY SANE**

WORKOUT
BY DAREBEE

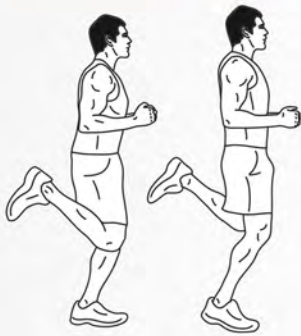
@ darebee.com

Level I 3 sets

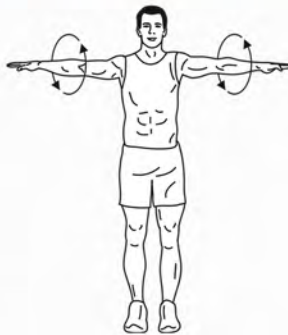
Level II 5 sets

Level III 7 sets

2 minutes rest



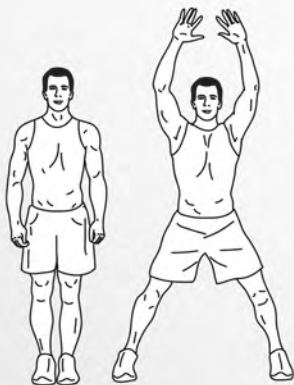
10 butt kicks



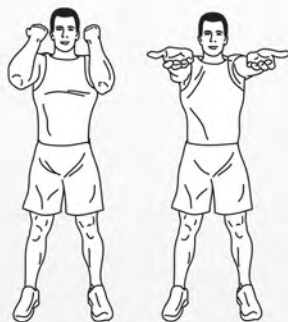
10 raised arm circles



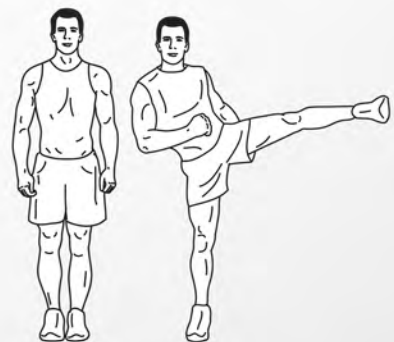
10 reverse lunges



10 jumping jacks



10 bicep extensions

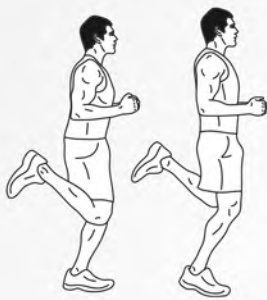


10 side leg raises

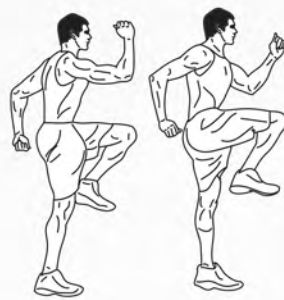
STEAMROLLER

DAREBEE WORKOUT @ darebee.com

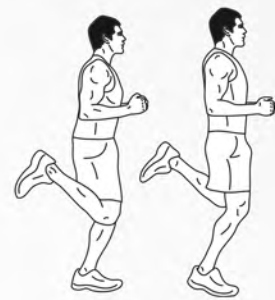
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 butt kicks



10 march steps



10 butt kicks



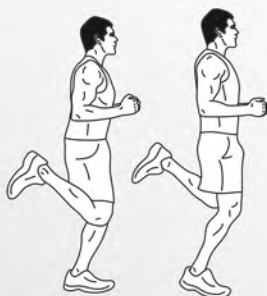
5 calf raises



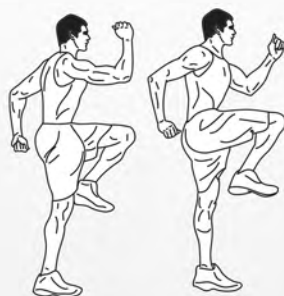
10 butt kicks



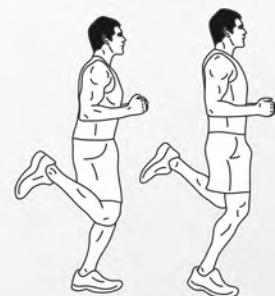
5 calf raises



10 butt kicks



10 march steps

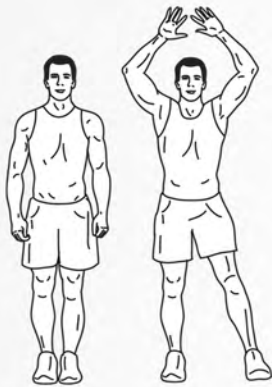


10 butt kicks

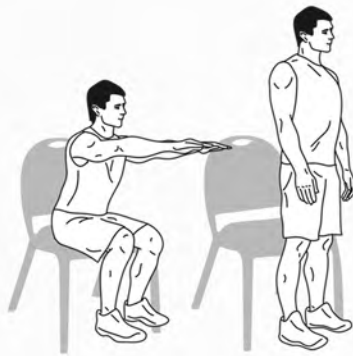
STEP ONE

DAREBEE WORKOUT @ darebee.com

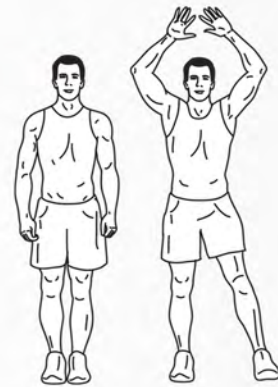
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



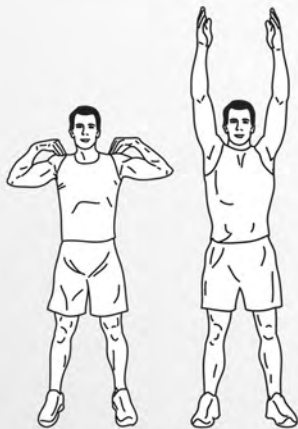
10 step jacks



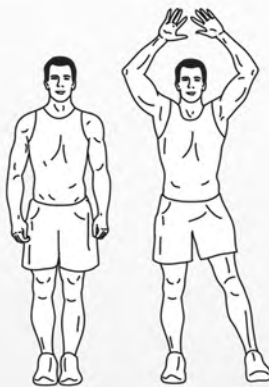
5 sit to stand



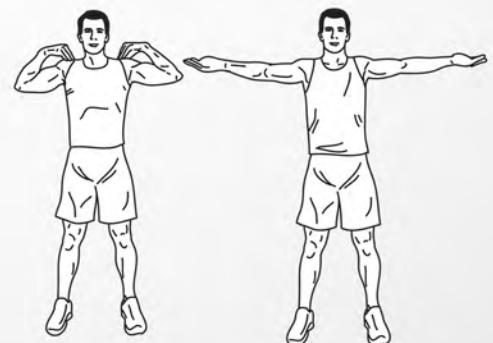
10 step jacks



20 standing shoulder taps



10 step jacks

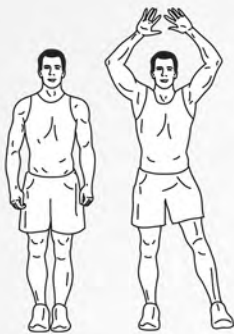


20 side bicep extensions

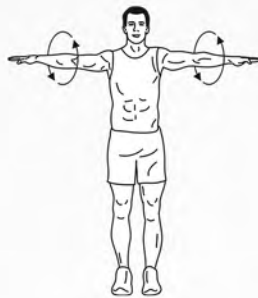
STOP GAP

DAREBEE WORKOUT @ darebee.com

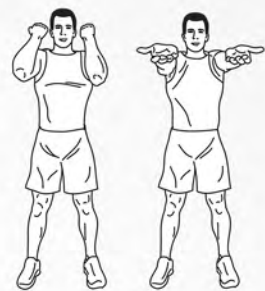
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



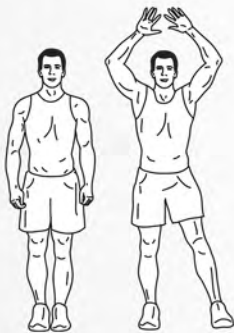
10 step jacks



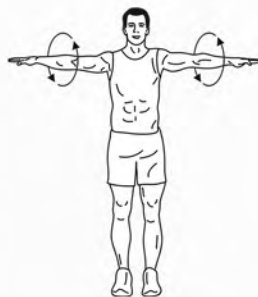
10 raised arm circles



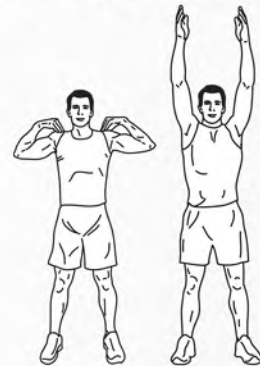
10 bicep extensions



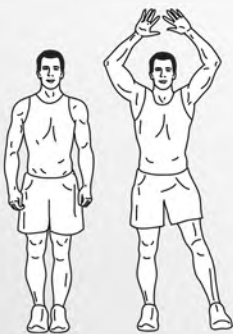
10 step jacks



10 raised arm circles



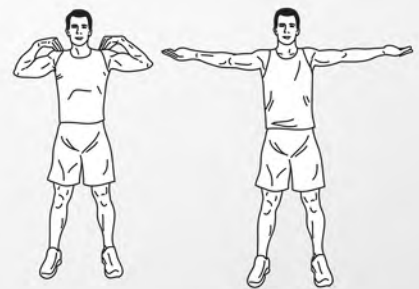
10 shoulder taps



10 step jacks



10 raised arm circles



10 side shoulder taps

STORY MODE

DAREBEE
WORKOUT

@ darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



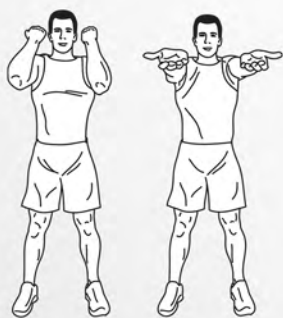
6 lunges



20 shoulder taps



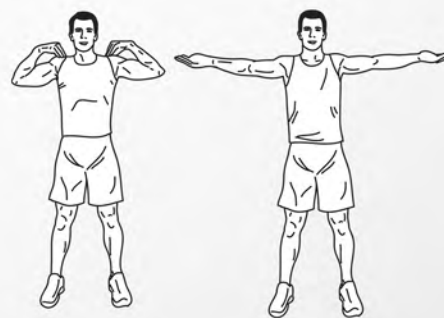
6 lunges



20 bicep extensions



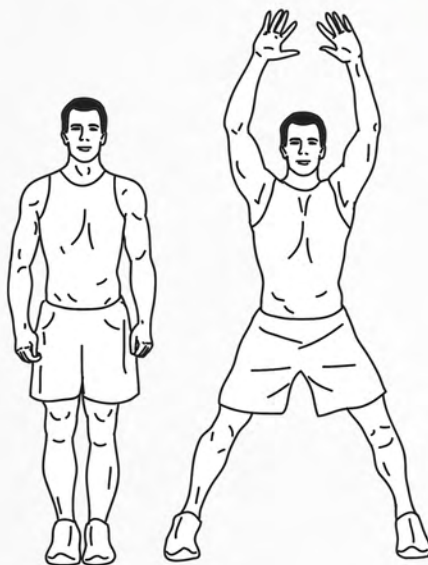
6 lunges



20 side shoulder taps

STRESS BUSTER

DAREBEE WORKOUT @ darebee.com

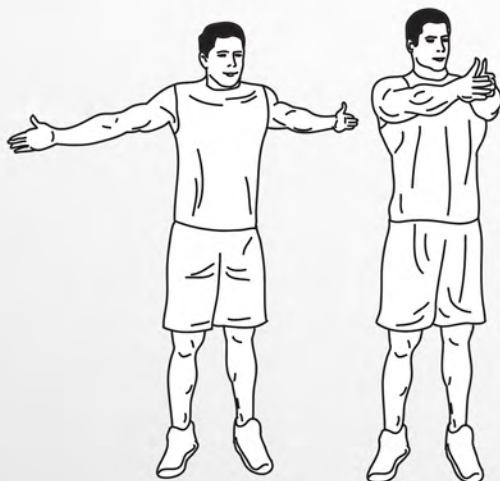


5 jumping jacks

5 chest expansions

5 jumping jacks

5 chest expansions



5 jumping jacks

5 chest expansions

done

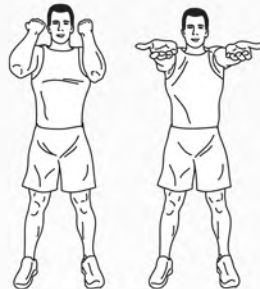
stronger **arms**

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10-count hold



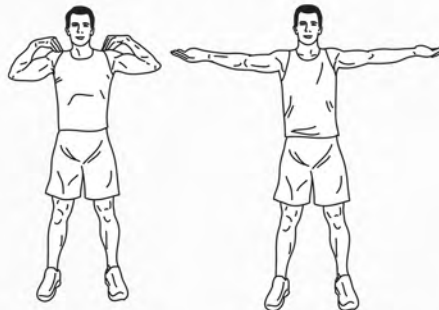
20 bicep extensions



10-count hold



10-count hold



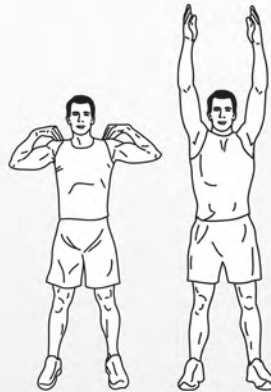
20 side shoulder taps



10-count hold



10-count hold



20 shoulder taps



10-count hold

Stronger Today

DAREBEE WORKOUT @ darebee.com

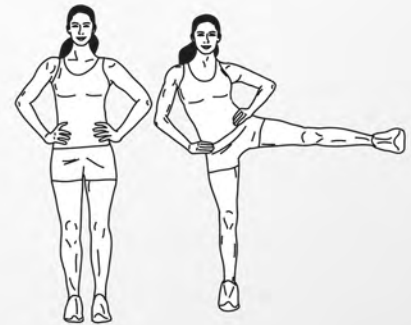
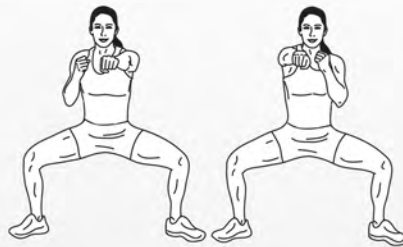
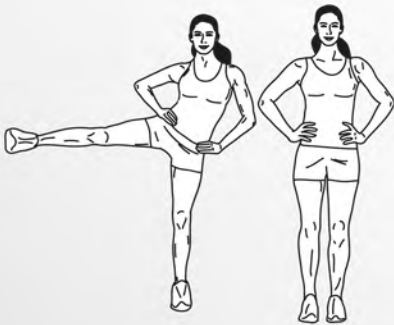
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets
up to 2 minutes rest between sets



5 squats

20 squat hold punches

5 squats



10 side leg raises
right leg

20 squat hold punches

10 side leg raises
left leg

Sun Salutation

DAREBEE WORKOUT @ darebee.com

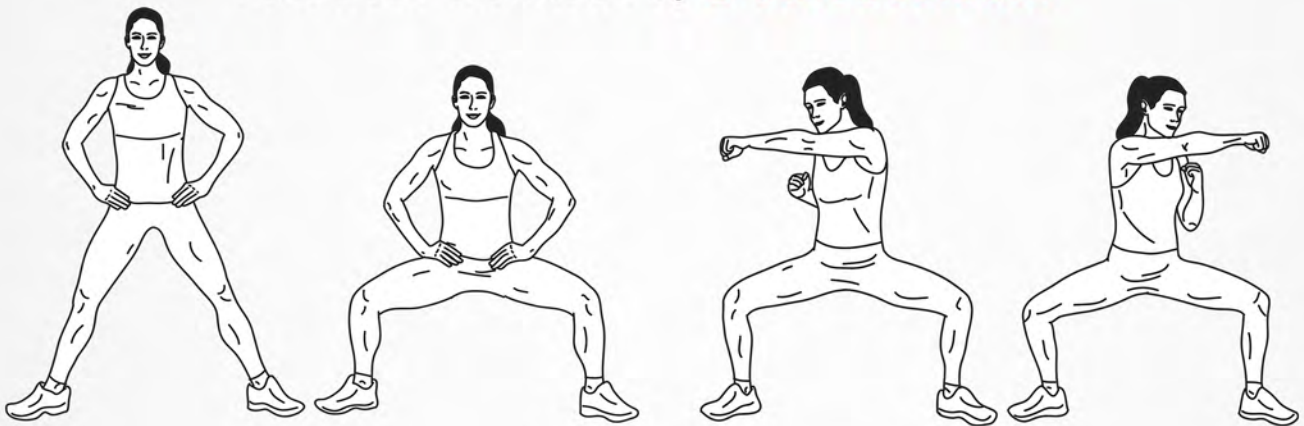
chair edition

Hold each pose for 10 seconds and move to the next one.



Super Charge

FULL BODY WORKOUT by darebee.com



5 squats

10 squat hold punches

10 squats

20 squat hold punches

15 squats

30 squat hold punches

20 squats

40 squat hold punches

done

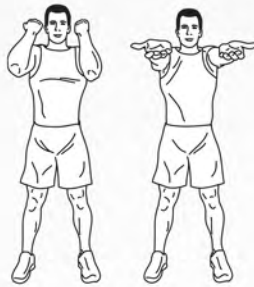
SUPER DAD

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



4 squats



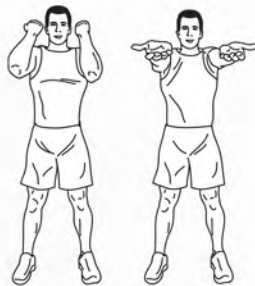
10 bicep extensions



10 arm circles



4 squats



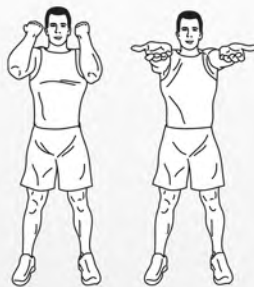
10 bicep extensions



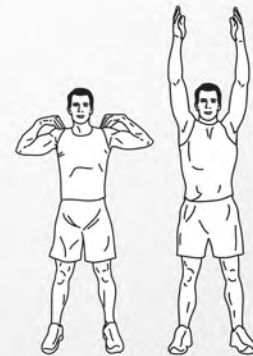
10 calf raises



4 squats



10 bicep extensions

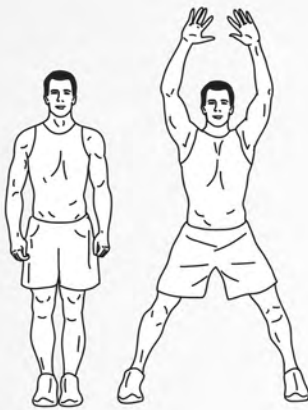


10 shoulder taps

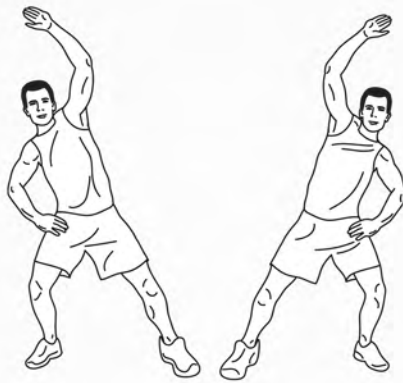
SUPER EASY

DAREBEE WORKOUT @ darebee.com

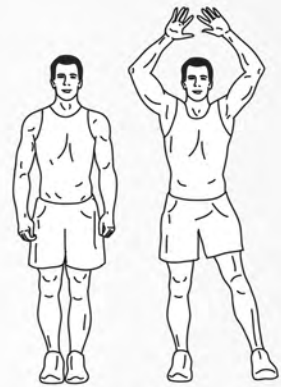
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



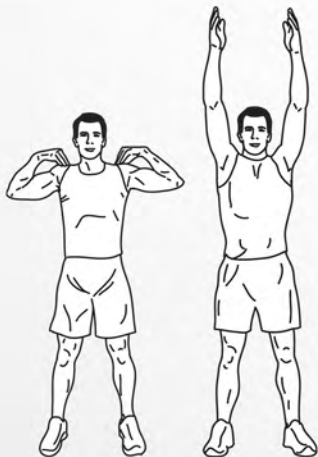
10 jumping jacks



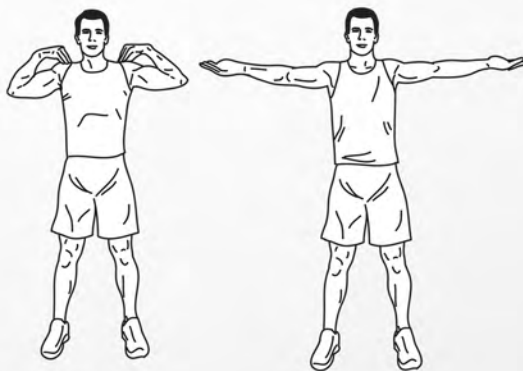
10 side jacks



10 step jacks



10 shoulder taps



10 side shoulder taps

Surgebinder

DAREBEE

WORKOUT @ darebee.com

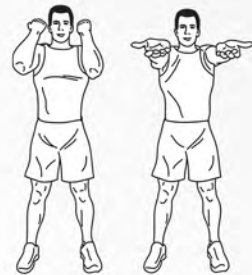
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 reverse lunges



4 squats



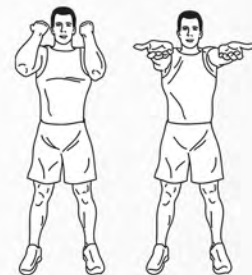
20 bicep extensions



10 calf raises



4 squats



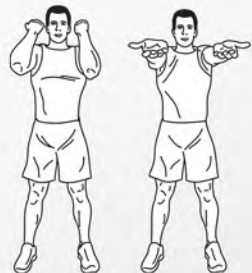
20 bicep extensions



10 knee-to-elbows



4 squats



20 bicep extensions

Tai Chi

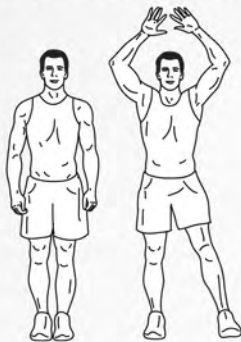
DAREBEE WORKOUT @ darebee.com



Team ZOMBIE

DAREBEE WORKOUT @ darebee.com

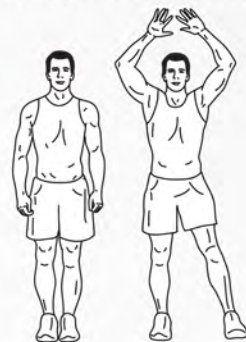
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 step jacks



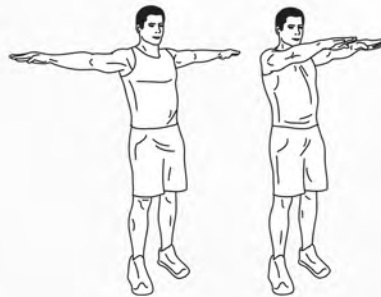
20-count calf raise hold



20 step jacks



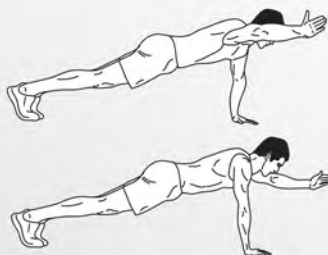
20-count hold



40 arm extensions



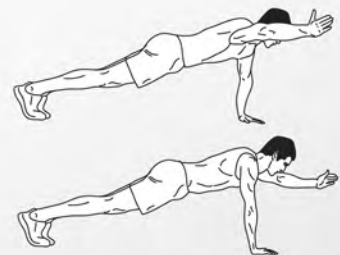
20-count hold



10 plank arm raises



20-count hold

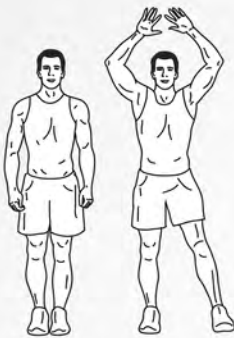


10 plank arm raises

tenderfoot

DAREBEE **HIIT** WORKOUT @ darebee.com

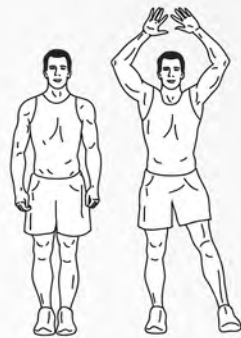
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



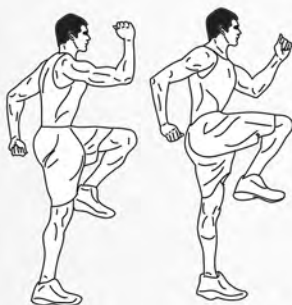
20sec step jacks



20sec side jacks



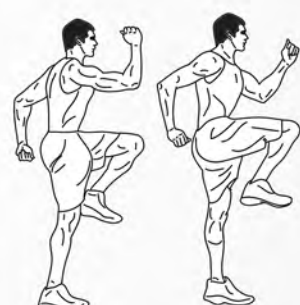
20sec step jacks



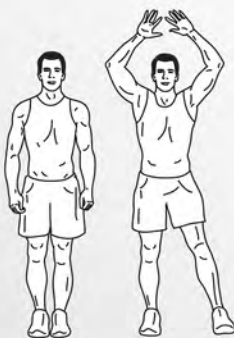
20sec march steps



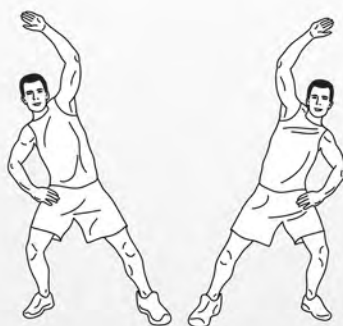
20sec calf raises



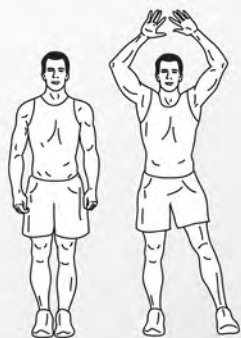
20sec march steps



20sec step jacks



20sec side jacks



20sec step jacks

TIME *OF MY* LIFE

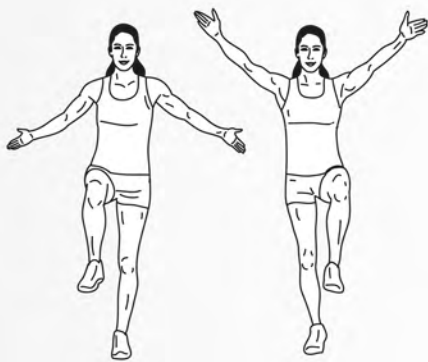
DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

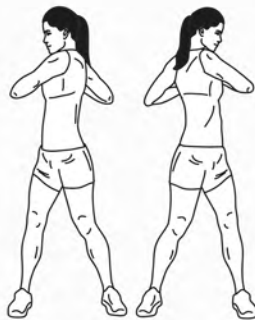
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



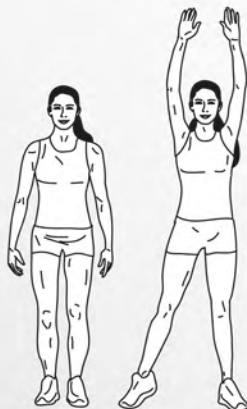
10 march with wide circles



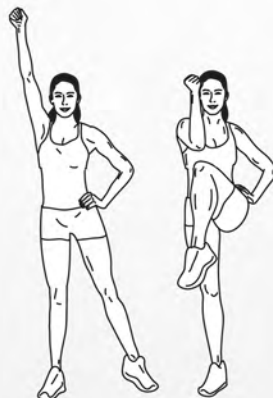
10 torso twists



10 side bends



10 step jacks



10 knee to elbows



10 back leg raises

TIME TO SHINE

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 butt kicks



4 high squats



20 butt kicks



4 reverse lunges



20 butt kicks

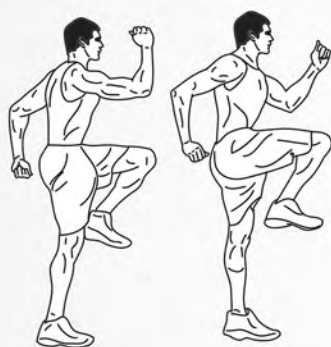


4 side lunges

TOY SOLDIER

DAREBEE WORKOUT @ darebee.com

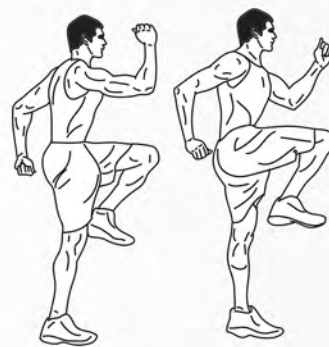
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



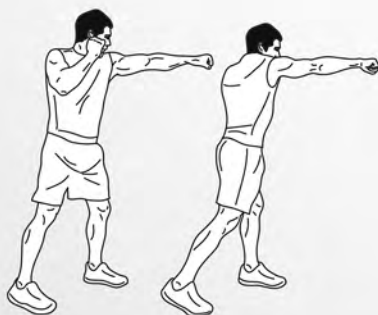
30sec march steps



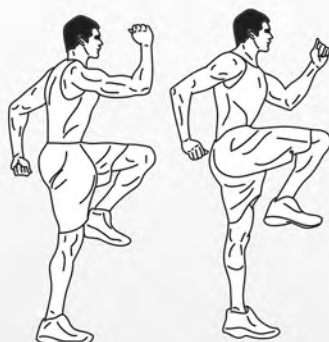
30sec overhead punches



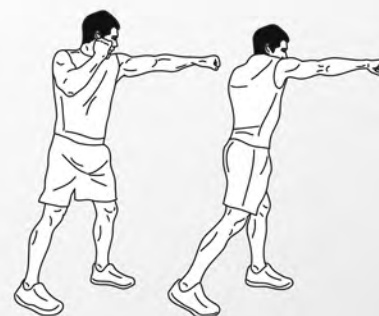
30sec march steps



30sec punches



30sec march steps

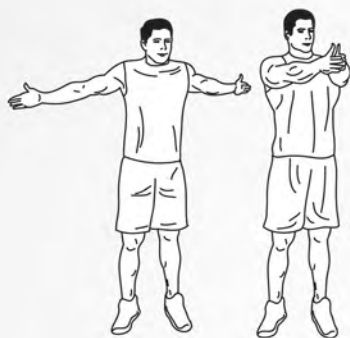


30sec punches

UNPLUGGED

DAREBEE WORKOUT @ darebee.com

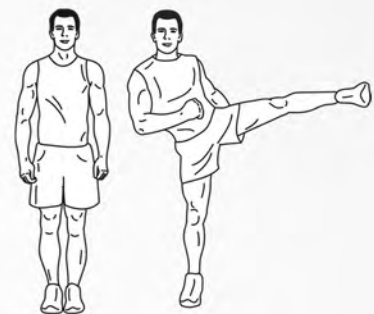
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



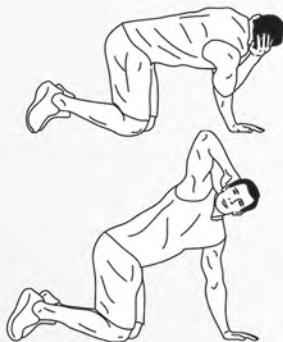
20 chest expansions



10 shoulder stretches



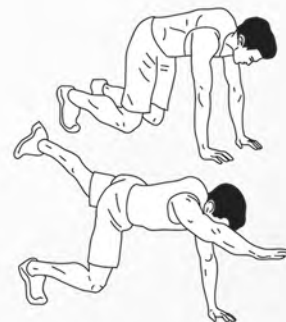
20 side leg raises



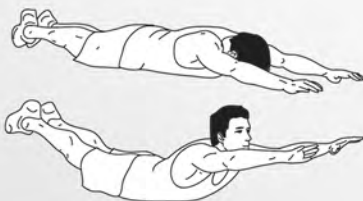
10 back rotations



10 back arches



10 cat stretches



10 supermen



10 body folds



10 bridges

UNWIND

DAREBEE WORKOUT @ darebee.com

#1 Slowly shift from *Cat Pose* to *Cow Pose* continuously for 30 seconds.

#2 Breathe out quickly 5 times then hold the pose.

Hold each pose after #2 for 30 seconds.



Up & Down

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



5 calf raises



5 squats



5 calf raises



10-count plank hold



5 calf raises



10-count plank hold



5 calf raises



5 squats



5 calf raises

upperbody mobility

DAREBEE WORKOUT

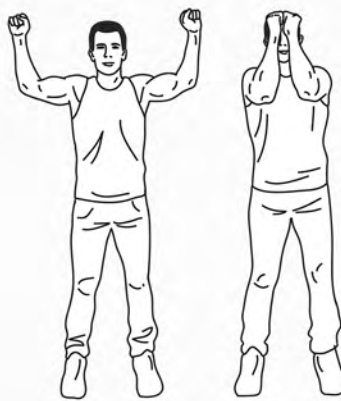
@ darebee.com

repeat 3 times

1 minute rest



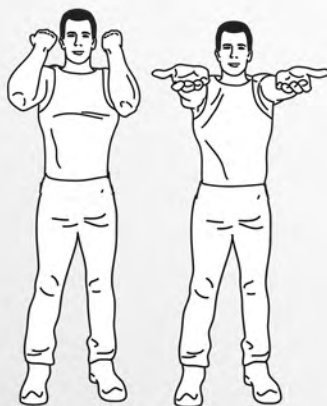
20 W-extensions



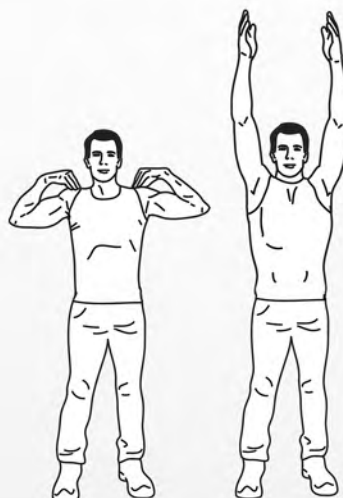
20 elbow clicks



20 elbows together rotations



20 bicep extensions



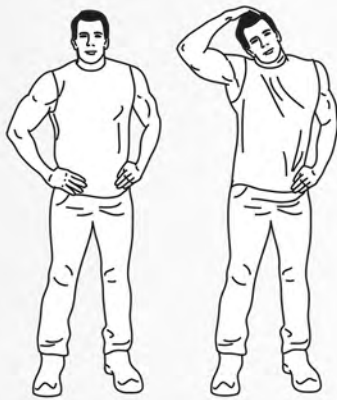
20 shoulder taps



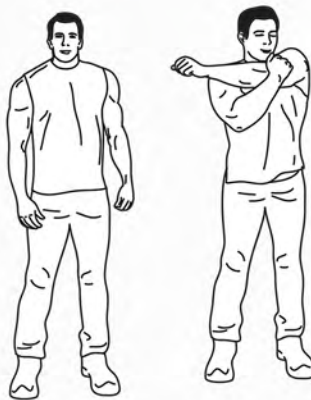
20 elbow rotations

upperbody *stretch*

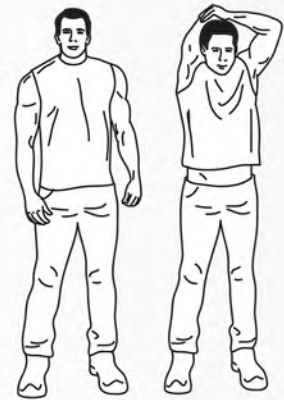
by DAREBEE @ darebee.com
20 seconds each exercise.



neck stretches



shoulder stretches



tricep stretches



back & shoulders stretches



side bends

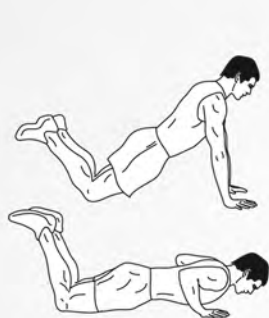


torso rotations

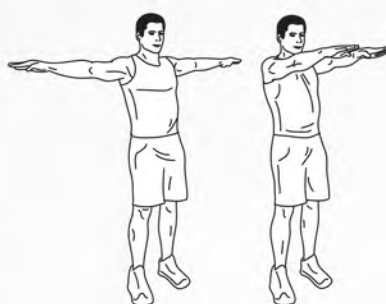
UPPERBODY

DAREBEE WORKOUT @ darebee.com

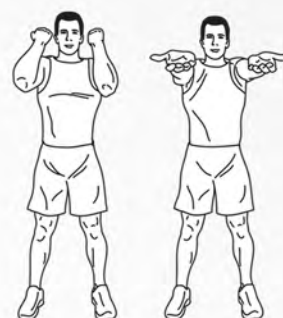
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 knee push-ups



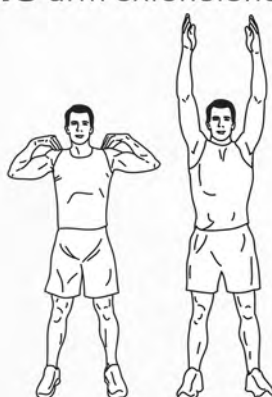
10 arm extensions



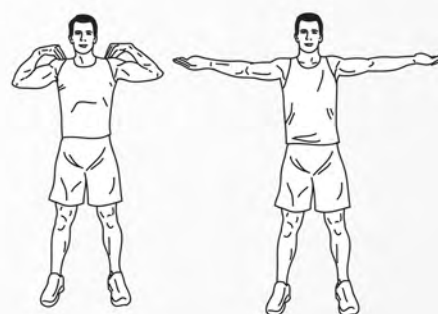
10 bicep extensions



10 knee push-ups



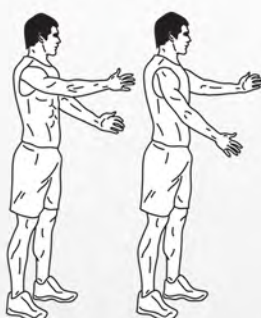
10 shoulder taps



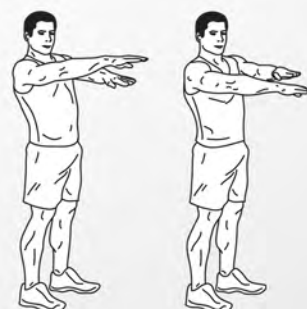
10 side shoulder taps



10 knee push-ups



10 scissor chops

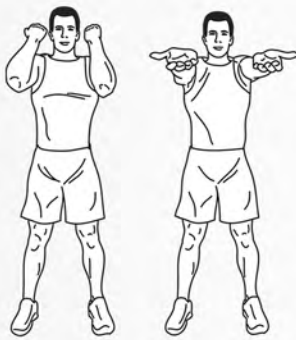


10 arm scissors

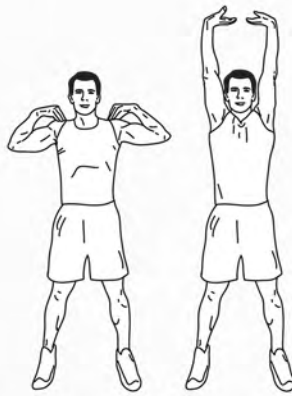
upperbody works

DAREBEE WORKOUT @ darebee.com

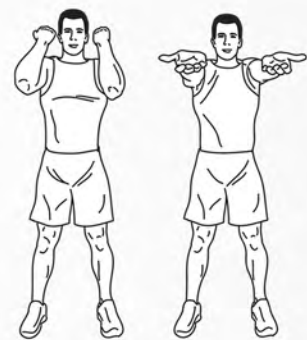
LEVEL I 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets **REST** up to 2 minutes



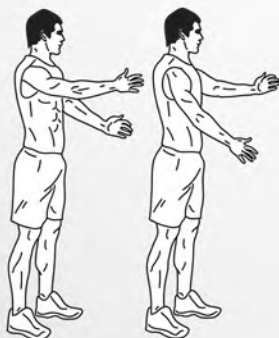
20 bicep extensions



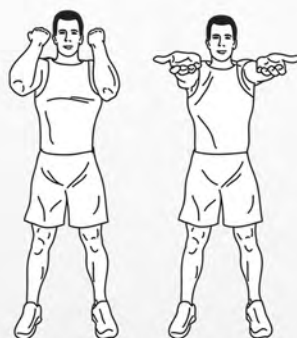
20 standing shoulder taps



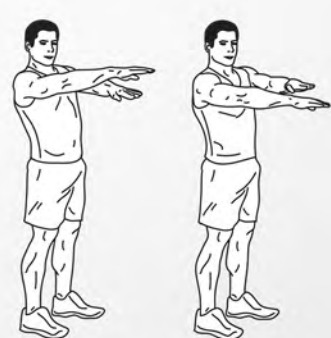
20 bicep extensions



20 scissors chops



20 bicep extensions



20 arm scissors

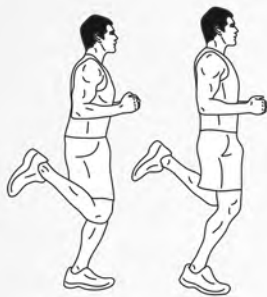
VICTORY LAP

DAREBEE WORKOUT

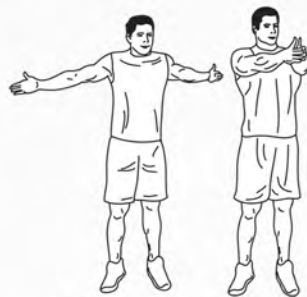
@ darebee.com

Repeat 5 times in total

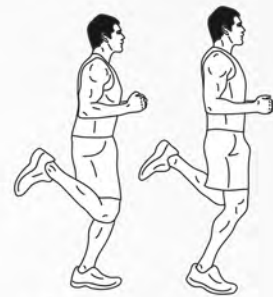
2 minutes rest in between sets



10 butt kicks



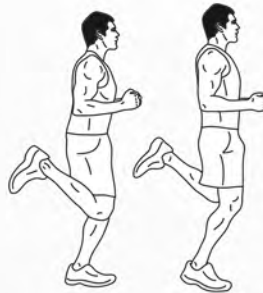
10 chest expansions



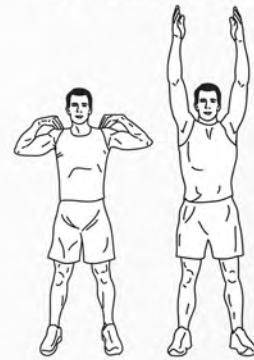
10 butt kicks



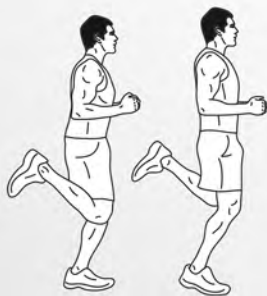
10 shoulder taps



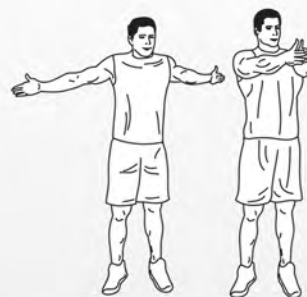
10 butt kicks



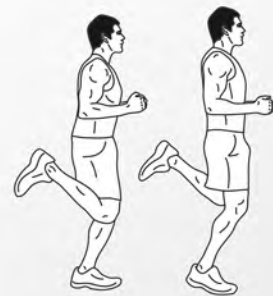
10 shoulder taps



10 butt kicks



10 chest expansions

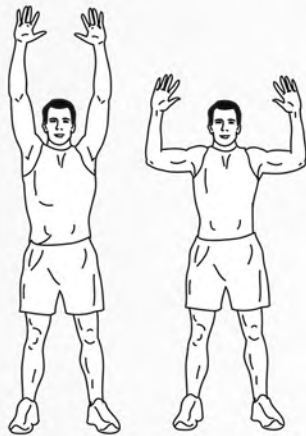


10 butt kicks

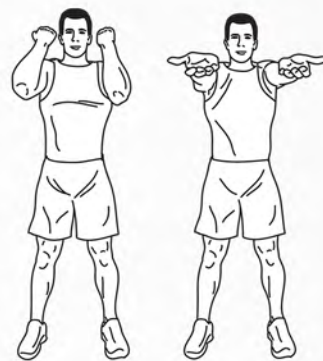
vortex

DAREBEE WORKOUT @ darebee.com

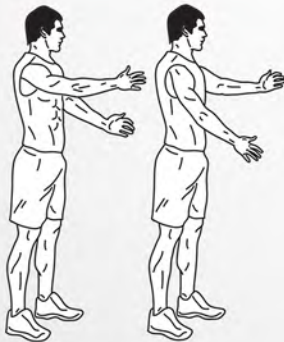
LEVEL I 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets **REST** up to 2 minutes



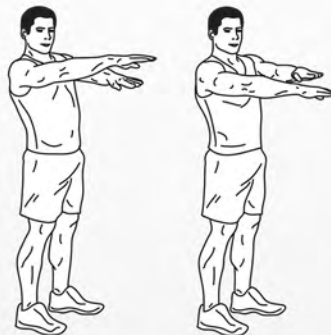
20 standing W-extensions



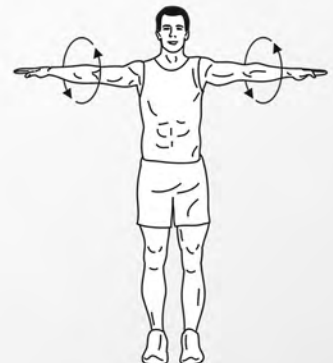
20 bicep extensions



20 scissor chops



20 arm scissors

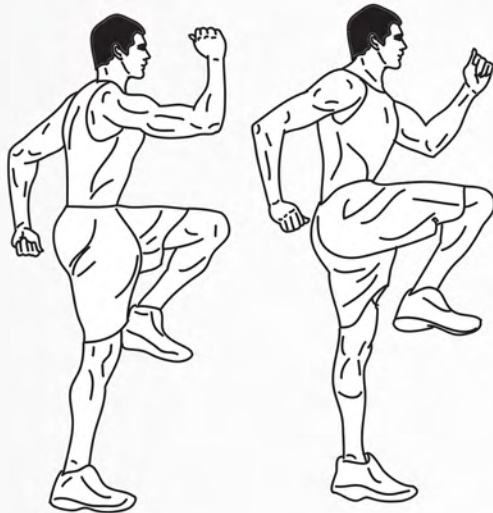


20 raised arm circles

walker

WORKOUT by DAREBEE © darebee.com

Repeat 3 times in total | 2 minutes rest between sets



20 march steps

5 calf raises

20 march steps

5 calf raises

20 march steps

5 calf raises



20 march steps

5 calf raises

20 march steps

5 calf raises

done

WALK IT OFF

DAREBEE WORKOUT @ darebee.com

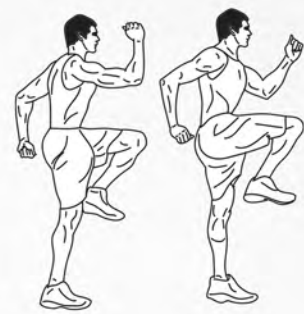
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



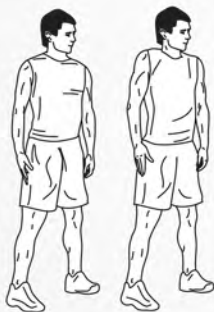
10 march steps



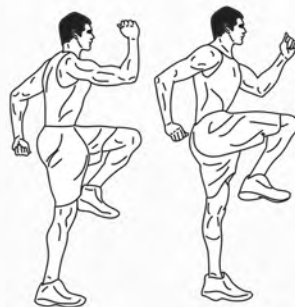
10 hip rotations



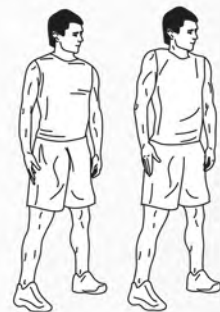
10 march steps



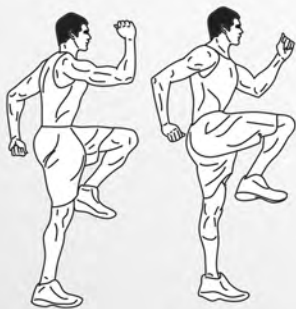
10 shoulder shrugs



10 march steps



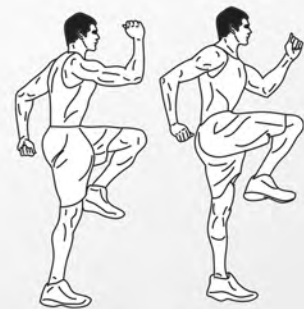
10 shoulder shrugs



10 march steps



10 hip rotations



10 march steps

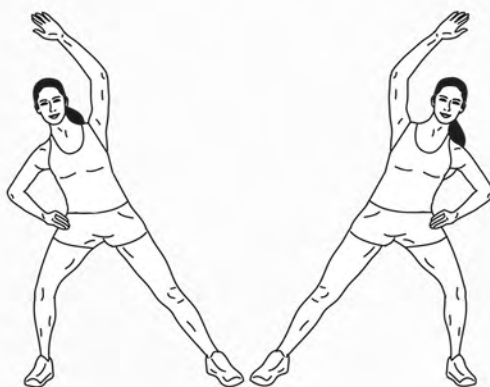
white rabbit

DAREBEE WORKOUT @ darebee.com

5 sets in total | 2 minutes rest between sets



20 raised arm circles



20 side jacks



20 raised arm circles



20 march steps



20 raised arm circles



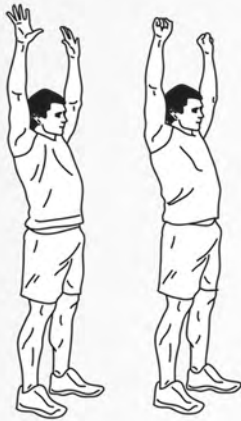
20 march steps

WIZARD

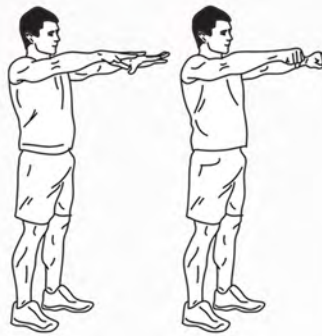
DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

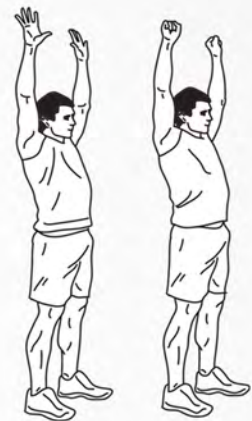
REST up to 2 minutes



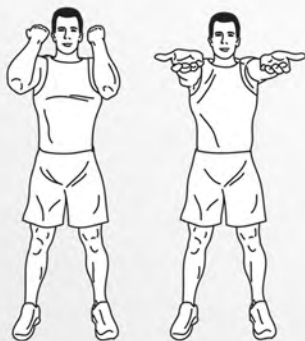
20 clench/uncle
overhead



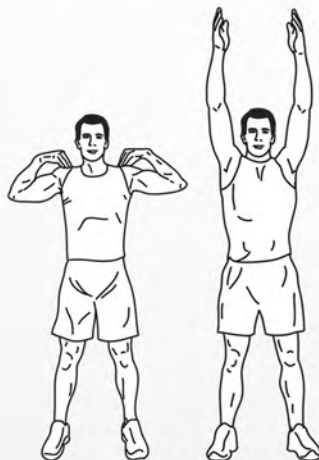
20 clench/uncle



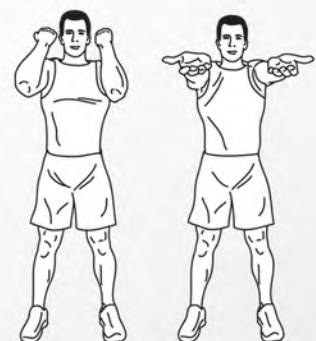
20 clench/uncle
overhead



20 bicep extensions



20 standing shoulder taps



20 bicep extensions

wrist pain

DAREBEE WORKOUT @ darebee.com

20 seconds each exercise.

Repeat every couple of hours.



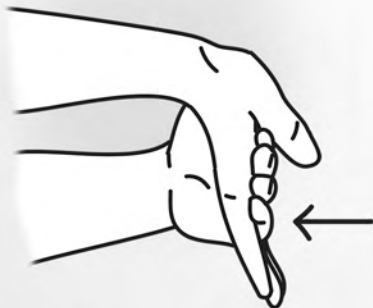
wrist curl



tilt back



"hammer"



wrist stretch



resistance press



fist rotations

yoga **flow**

DAREBEE WORKOUT
@ darebee.com

Hold each pose
for 20 seconds.



reach



shoulders back



knee bend to cobra



twist



forward bend

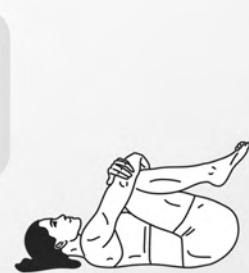
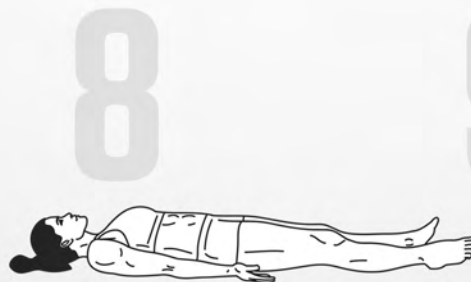


straight back

ZEN

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Hold each pose for 30 seconds then move on to the next one.



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